



## BRAVO BANANA BREAD

Courtesy of: David Bryant

ReFuel Summer 2019



### Method:

1. Preheat the oven to 180°C. Line a 11cm x 21cm loaf tin with baking paper.
2. In a larger blender, add the eggs, bananas and pot set yoghurt.
3. Blend until smooth consistency.
4. Combine wet mix into a large bowl with the flour, dates and cinnamon spice.
5. Gently fold and mix until even in consistency. (You can also add your favourite nuts or dried fruit eg walnuts and dates, at this stage too).
6. Spoon into prepared loaf tin and bake for 40-45 minutes, or until a skewer inserted comes out clean.
7. Remove from oven. Allow to cool in the tin for 5 minutes before turning out onto a wire rack.

### Ingredients:

- 2 eggs
- 3-4 medium ripe bananas, sliced
- 200g pot set yoghurt
- 250g wholemeal self- raising flour
- 100 g pitted dates
- 1 tsp cinnamon

### Nutrition Information

Makes 10 serves

Nutrient	Per serve
Energy	766 kJ
Protein	6 g
Fat	2 g
Carbohydrate	32 g
Fibre	4 g



### HOT TIPS

"Love this banana bread for breakfast, toasted and topped with a scrape of your favourite spread or low fat ricotta cheese. This loaf also freezes really well, so you can slice the loaf and freeze individually in zip lock bag."