



## POWER NUTRIENT BANANA LOAF

Source: [appletozucchini.com](http://appletozucchini.com)



### Method:

1. Preheat oven to 180°C. Line bread loaf tin with baking paper or grease non-stick loaf pan
2. Mash bananas in a bowl and add the maple syrup/honey, vanilla and oil
3. In a large bowl combine all dry ingredients
4. Make a well in the centre of the dry ingredients and pour in the wet ingredients
5. Mix all ingredients well and pour into greased/lined tin
6. Bake in over for 40-45min until brown on top and cooked through
7. Allow to cool before slicing

### Ingredients:

#### WET

- 3 ripe bananas
- ½ cup maple syrup or honey
- 2 tablespoons macadamia oil
- 1 teaspoon vanilla essence

#### DRY

- 1 ½ cups wholegrain spelt flour
- 1 ½ teaspoons baking soda
- ¼ teaspoon salt
- ½ cup walnuts/macadamia/almonds chopped
- ¼ cup pepitas/sunflower seeds
- 100g 70% quality dark chocolate, roughly chopped (great choice is Whittaker's Dark Ghana)
- ¼ cup chia seeds
- 1 teaspoon cinnamon

### Nutrition Information

Makes 10 serves

Nutrient	Per serve
Energy	1328 kJ
Protein	7.8 g
Fat	16.6 g
Carbohydrate	33 g
Sugars	17 g
Fibre	4.1 g



### HOT TIPS

Banana loaf is versatile and can be eaten for breakfast or as a pre/post workout snack as it is packed with protein!