

Banana Super-Bread (Gluten/Dairy Free)

Makes 1 loaf – 12 serves

Ingredients

4 medium mashed ripe bananas
3 free range / organic eggs
60gm honey or organic [maple syrup](#) (or molasses)
1 teaspoon vanilla extract or bean paste (not essence)
70gm coconut oil, melted (not in microwave)
1 teaspoon ground cinnamon
1/2 tsp baking soda (bicarb soda) + 1 tbsp lemon juice
2 cups almond meal (200gm)
1/3 cup flaxseed (linseed) meal or LSA
1/4 cup [Chia Seeds](#), whole or ground

Method

Preheat your oven to 160 C.

Combine mashed banana, honey, oil, cinnamon, vanilla, eggs, bicarb and lemon (pre-mixed).

Add the almond meal, flaxseed/LSA, chia seeds and mix well.

Lightly oil one non-stick loaf tin or coat oiled tin with extra almond meal to stop cake from sticking.

Spoon batter into the tin, level it out (arrange thinly sliced apple, chopped or whole walnuts, extra cinnamon on top – optional) and bake for 45 minutes to 1 hour until a skewer inserted into the centre comes out clean/dry.

Cover the top with foil if over-browning.

Remove from the oven and allow to cool before turning out the loaf.

Serve warm or cooled just as it comes, or tizzy it up with a little greek yoghurt and honey.

Keeps in the fridge in an airtight container for up to 1 week.

