

Recipe of the Month

by Sally Anderson.

Apple to Zucchini / Sports Nutrition

www.appletozucchini.com.au

POWER NUTRIENT BANANA LOAF



INGREDIENTS (MAKES 1 LOAF)

WET

3 ripe bananas

½ cup maple syrup or honey

2 tablespoons extra virgin olive / macadamia oil

1 teaspoon vanilla essence

DRY

1½ cups wholegrain spelt flour

1½ teaspoons baking soda

¼ teaspoon salt

½ cup walnuts/pecans/macadamia/almonds roughly 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 150g walnuts + 30g pecans
to make up the balance.

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

NOTES

Recipe adapted from Virginia Corpus-McDermot of Kitchen Vitality www.kitchenvitality.com/