

# HEALTHY BANANA BREAD



## Ingredients

- low-fat spread, for the tin, plus extra to serve
- 140g wholemeal flour
- 100g self-raising flour
- 1 teaspoon bicarbonate of soda
- 1 teaspoon baking powder
- 300g mashed banana (from overripe bananas)
- 4 tablespoon honey or golden syrup or maple syrup
- 3 large eggs, beaten with a fork
- 150ml pot low-fat natural yogurt
- 25g chopped walnuts (optional)

## Method

1. Heat oven to 160C/140C fan/gas 3.
2. Grease and line a 2lb loaf tin with (allow paper to come 2cm above top of tin).
3. Mix the flours, bicarbonate of soda, baking powder and a pinch of salt in a large bowl.
4. Mix the bananas, syrup, eggs and yogurt.
5. Quickly stir into dry ingredients, then gently scrape into the tin and scatter with nuts, if using.
6. Bake for 1 hr 10 mins-1 hr 15 mins or until a skewer comes out clean.
7. Cool in tin on a wire rack.
8. Eat warm or at room temperature, with low-fat spread.

