

HEALTHY SWEET BANANA BREAD



Another take on a delicious Vegan Banana bread from star contributor Meg Phillips. Enjoy!

Ingredients:

5 x medjool dates, soaked in hot water for 10 min
3 x ripe bananas + 1 for decoration
1 tbsp coconut oil, melted
1 tsp chia seeds mixed with 2 tbsp of water
1/4 cup rice malt syrup
1/2 cup macadamia milk
2 cups Organic stoneground wholegrain plain flour
1/2 cup coconut sugar
1 tsp bicarbonate soda

Method:

Preheat oven to 180 degrees Celsius.
Sift the dry ingredients into a large mixing bowl.
In a separate bowl mash the bananas.
Drain the dates and mash till a paste is formed, add to the banana mixture and combine.
Add the remaining wet ingredients and mix well.
Add the wet ingredients to the dry ingredients and mix well until combined.
Line a bread tin with baking paper and pour the mixture in.
Slice a banana down the middle, lengthways and place on top of the uncooked loaf, sprinkle with coconut sugar.
Bake in the oven for 180 for 1 hour or until a skewer/knife comes out clean when you poke into the middle of the loaf.

Dairy Free | Vegan | Refined Sugar Free
Visit Meg's Instagram page for more vegan recipes.