

Zoe's Almond Banana Bread

*serves 12

Ingredients

5 over ripe bananas, mashed
3 large eggs
2 cups almond meal
1 cup whole meal self-raising flour
2 tbsls honey or golden syrup
1 tsp cinnamon or nutmeg (or both)
½ tsp bi-carb soda
Pinch salt
Chia seeds

Method:

Heat oven to 180°C. Beat the eggs and add to the mashed bananas, mix well. In a large mixing bowl add the almond meal, sifted flour (with husks), bi-carb soda, salt and cinnamon together and mix together. Now pour the banana mixture into the flour mixture, add the honey and mix well. Pour mixture into a well-greased (or line with baking paper) loaf tin and sprinkle with a handful of chia seeds. Bake in the oven for 45-55 minutes or until done (test with a metal skewer, should come out clean).

Serve cold on its own or toasted with butter (or olive oil) & ENJOY!

