



HEALTHY BANANA BREAD

Ingredients:

- 75G COCONUT OIL (CAN USE OTHER OIL)
- 150G HONEY OR MAPLE SYRUP
- 2 EGGS
- 2 LARGE BANANAS
- 56G MILK
- 1 TSP VANILLA EXTRACT
- 1/2 TSP CINNAMON
- 220G SELF-RASING FLOUR

Method

- PRE-HEAT THE OVEN TO 180C
- IN A LARGE BOWL BEAT THE OIL & HONEY TOGETHER WITH A WHISK UNTIL WELL COMBINED.
- ADD THE EGGS AND BEAT UNTIL FLUFFY.
- PRE-MASH YOUR BANANAS AND WHISK THEM INTO YOUR MIXTURE.
- ADD THE MILK, CINNAMON & VANILLA. WHISK UNTIL WELL COMBINED.
- WITH A WOODEN SPOON OR SPATULA, FOLD IN THE FLOUR UNTIL WELL COMBINED.
- POUR YOUR MIXTURE INTO A GREASE PROOF LOAF TIN AND BAKE FOR 40MINS UNTIL GOLDEN BROWN.

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Nutritional Information

BANANA - AN EXCELLENT SOURCE OF POTASSIUM AND SUPPLY VITAMIN B6, FIBRE AND CARBOHYDRATE, AND SOME VITAMIN C. HELP WITH HEALTHY SKIN, AID DIGESTION AND GASTROINTESTINAL PROBLEMS, IMPROVES HEART HEALTH, GREAT SOURCE OF ENERGY.

COCONUT OIL - CONTAINS HEALTHY FATTY ACIDS, BOOSTS HEART HEALTH, ENCOURAGES FAT BURNING, HAS ANTIMICROBIAL EFFECTS, HELPS REDUCE HUNGER, HELPS REDUCE SEIZURES, MAY RAISE HDL (GOOD) CHOLESTEROL, PROTECTS YOUR SKIN, HAIR, AND TEETH.

HONEY - HONEY HAS BEEN LINKED TO HEALTH BENEFITS LIKE IMPROVED HEART HEALTH, WOUND HEALING, AND BLOOD ANTIOXIDANT STATUS.

EGGS - FABULOUS SOURCE OF HIGH QUALITY PROTEIN. EGGS ARE RICH SOURCES OF SELENIUM, VITAMIN D, B6, B12 AND MINERALS SUCH AS ZINC, IRON AND COPPER.

MILK - HUGE IN CALCIUM. GOOD FOR BONES, RICH IN PROTEIN, REDUCES RISKS OF OBESITY, PREVENTS HEARTBURNS, FIGHTS MULTIPLE DISEASES, STRESS BUSTER, HELPS IN STRONG TEETH & BONES.

VANILLA - ANTIOXIDANTS ARE THE MOST SIGNIFICANT BENEFIT OF VANILLA BECAUSE THEY HELP REPAIR YOUR BODY AT THE MOLECULAR LEVEL. THEY'VE ALSO BEEN LINKED TO LESSER RISKS OF VARIOUS DISEASES, SUCH AS CANCER AND DIABETES. PLUS THEY HELP REDUCE THE EFFECTS OF AGING AND PROMOTE MORE VIBRANT SKIN.

CINNAMON - LOADED WITH ANTIOXIDANTS & MEDICINAL PROPERTIES. ANTI-INFLAMMATORY, CAN CUT THE RISK OF HEART DISEASE, IMPROVE INSULIN, LOWERS BLOOD SUGAR LEVELS, MAY PROTECT AGAINST CANCER, HELPS FIGHT BACTERIAL & FUNGAL INFECTIONS.