

Banana, honey & cinnamon bread



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Preparation: about 20 mins Cooking: about 50 mins
Serves: 8

Ingredients:

- 2 cups plain flour
- 2 tsp baking powder
- 1 tsp bicarbonate of soda
- pinch salt
- 1 1/2 tsp ground cinnamon
- 1/2 cup caster sugar
- 2 eggs
- 1 cup reduced fat milk
- 1/4 cup honey
- 3 medium very ripe bananas, mashed*

*You'll need one cup mashed banana

Method:

1. Preheat oven to 180°C. Line base and sides of a large loaf pan (about 23cm long x 10cm wide x 8cm deep) with non-stick baking paper.
2. Sift flour, baking powder, bicarbonate of soda, salt and cinnamon into a large bowl. Stir in sugar.
3. Combine eggs, milk, honey and mashed bananas in a large jug. Whisk until combined.
4. Make a well in the centre of dry ingredients and using a metal spoon, gently fold in honey and egg mixture until well combined. Spoon mixture into prepared pan. Bake for 45–55 minutes or until a skewer inserted in the centre comes out clean. Cool in pan for 10 minutes then turn onto a wire rack to cool completely. Slice and serve lightly buttered or toasted if desired.

Bananas:

- Although you can't see actual fibres in bananas, they're a good source of dietary fibre. The soluble fibre in bananas promotes healthy bacteria in the colon.
- A source of many vitamins, including vitamin C, folate and B6. Vitamin B6 is important when the body needs to convert protein to glucose during prolonged exercise.