



Banana bread



Makes 12 slices

Ingredients

- 2 tablespoons olive oil
- 1/3 cup sugar
- 2 eggs
- 4 soft bananas, mashed
- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- ½ cup reduced fat milk
- 1 tsp bicarbonate soda



Method

1. Preheat oven to 180°C and line a loaf tin with baking paper.
2. Combine oil, sugar, eggs and mashed bananas in a large bowl.
3. Add flours and mix well until combined.
4. In a cup dissolve bicarbonate of soda into milk. Add to mixture, mix until combined.
5. Pour into a loaf tin and bake for 50 minutes or until golden brown.

Optional

Add some berries or dried fruit for extra flavour and fibre or make banana muffins by pouring mixture into a lined muffin tray and bake for 25 minutes.