

WALNUT BANANA BREAD

RECIPE BY: GEMMA OBERHOLZER



VEGETARIAN

DIFFICULTY: EASY

TIME: 70 MINUTES

SERVES: 8-12

Both bananas and walnuts are great sources of healthy vitamins, minerals and antioxidants. Walnuts are also rich in anti-inflammatory Omega-3's.

METHOD

Preheat oven to 165C and grease a loaf pan. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk. Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Using a big spoon, stir in the flour, just until combined. Some lumps are ok! Fold in the chopped walnuts. Pour the batter into the greased loaf pan and sprinkle lightly with cinnamon. For a swirled effect, run the tip of a knife across the batter in a zig-zag pattern. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean (+/- 60 minutes). Let the bread cool in the loaf pan for at least 10 minutes. You may need to run a butter knife around the edges to loosen the bread from the pan. Carefully transfer the loaf to a wire rack to cool before slicing.

INGREDIENTS

- ⅓ cup extra-virgin olive oil
- ½ cup honey or maple syrup
- 2 eggs
- 2 ½ medium or 2 large bananas, ripe and mashed
- ¼ cup milk of choice
- 1 tsp baking soda (NOT baking powder)
- 1 tsp vanilla extract
- ½ tsp salt
- ½ tsp ground cinnamon, plus more to swirl on top
- 1 ¾ cups (220 grams) whole wheat flour
- ½ cup chopped walnuts