

# Recipe of the Month



## Banana Bread

### Ingredients

3 ripe bananas  
30g butter at room temperature  
2tbsp maple syrup  
1tsp ground cinnamon  
1tsp vanilla extract  
3 large organic eggs  
1tsp bicarbonate of soda  
1tbsp lemon Juice  
250g ground almonds



This lovely banana bread is absolutely filled with fibre to aid digestion and a good balance of slow releasing carbohydrates, protein and healthy fats to give sustained energy release and avoid those blood sugar drops that we often experience shortly after eating a sweet treat.

It goes without saying that if you or anyone in your household has a nut allergy, then this recipe is not suitable for you. For everyone else, this recipe is perfect for breakfast on the run or as a sweet treat with a cup of tea or decaf coffee when you need a healthy mid afternoon pick me up.

### Method

- Preheat oven to 170C / gas mark 5. Grease and line a 900g loaf tin with baking parchment.
- Pop the peeled bananas, butter, maple syrup, cinnamon, vanilla extract, eggs, bicarb and lemon juice into a blender and blitz to a smooth mixture.
- Add the ground almonds and mix until well combined. Pour the mixture into the prepared loaf tin and bake for 1 - 1¼ hours until a skewer inserted in the middle comes out clean. If, after 30 minutes, the banana bread is looking a bit too brown on the top, cover it loosely with a piece of baking parchment or foil.
- If you want to increase the fibre content further, you can substitute 30g of the ground almonds for ground flax seed, which also increases the Omega 3 content and gives it a nuttier flavour.

This recipe was from 'The Art Of Eating Well' by Hemsley and Hemsley.