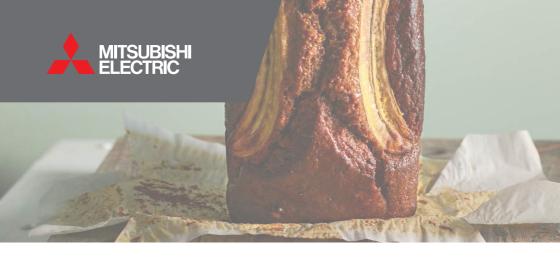


## BANANA, HONEY AND WALNUT BREAD





## BANANA, HONEY AND WALNUT BREAD

Preparation time: 10 minutes Cooking time: 45 minutes

Serves: 12

1½ cups self-raising flour

½ cup oat bran

½ tsp bicarbonate of soda

1 tsp mixed spice

1 cup dark brown sugar

2 Tbsp molasses

½ cup sour cream

1/4 cup extra virgin olive oil

2 eggs

 $1\frac{1}{2}$  cups mashed banana (from about

4 ripe bananas)

 $\ensuremath{^{3\!\!/}}$  cup walnuts, to asted and roughly

chopped

1 firm banana, split lengthways

- **1 Preheat** oven to 180°C. Combine the flour, bran, bicarbonate of soda, spice, sugar and molasses in a large bowl and mix well. Whisk the sour cream, olive oil, eggs and mashed banana in a second bowl.
- **2 Add** the banana mixture to the flour mixture and stir to combine, then spoon into a lined medium loaf pan. Place the slice banana on top, then bake for 40-45 minutes, until a skewer can be inserted and removed cleanly. Turn out, then cook on a wire rack.