

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

¼ cup oat bran

½ tsp bicarbonate of soda

1 tsp mixed spice

1 cup dark brown sugar

2 Tbsp molasses

½ cup sour cream

¼ cup extra virgin olive oil

2 eggs

1½ cups mashed banana (from about 4 ripe bananas)

¾ cup walnuts, toasted 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.