



Mānuka Honey Banana Bread Recipe

Make the perfect, healthy breakfast treat!

Ingredients

Flour..... 1 $\frac{3}{4}$ cup
Sugar.....1 $\frac{1}{2}$ cup
Baking soda.....1 tsp
Salt..... $\frac{1}{2}$ tsp
Egg.....1
Ripe bananas.....12 oz
Avocado or vegetable oil (could use butter instead)...1/2 cup
Buttermilk..... $\frac{1}{4}$ cup
Vanilla.....1 tsp
Mānuka Honey.....3 tbsp.
Walnuts or pecans, chopped (optional)...1 cup



Directions

1. Begin by preheating your oven to 350 degrees and greasing your 2lb loaf tin.
2. Mix the flour, soda, and salt together in a small bowl.
3. Mix the sugar, eggs, bananas, vanilla, oil, Bees & Trees Mānuka honey, and buttermilk in a larger bowl.
4. Add dry ingredients and mix some more.
5. Add in nuts (if applicable) and stir.



6. Pour the mixture into the greased bread pan.
7. Bake at 350 °F degrees for 1 hour and 15 minutes. I usually turn the heat down to 325 degrees about 45 minutes into the baking, and cover the top with aluminum foil. Check doneness with a wooden skewer. As soon as it comes back clean turn off the oven.
8. Open the oven door to let it cool a little slowly. Remove after another 10 minutes to fully cool.

Optional: You can also add a big spoonful of yogurt or sour cream to the mix.