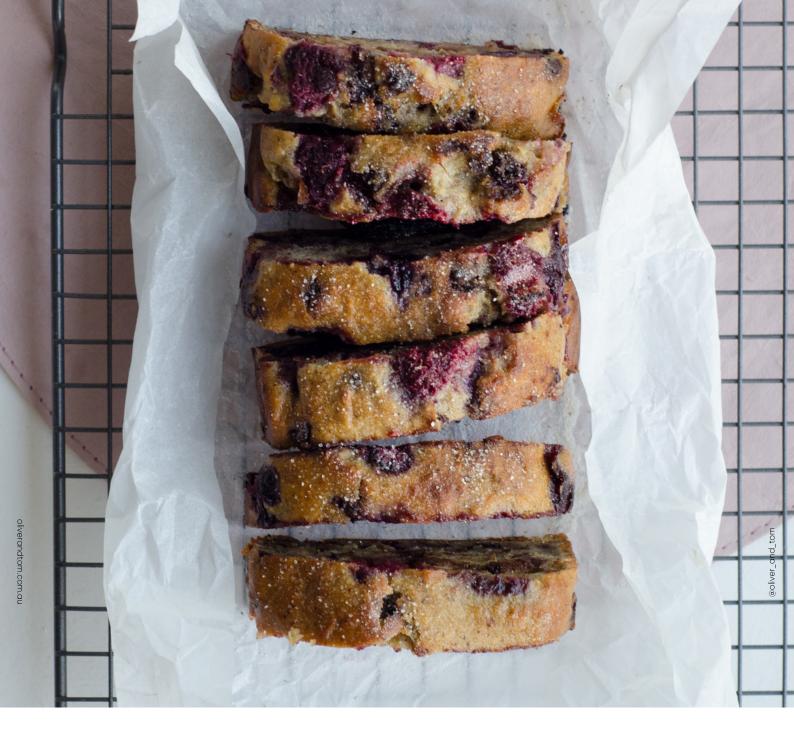
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# Banana + Berry Bread





Hello Snack Lover

This is a banana bread with extra sparkle and is guaranteed to be met with big smiles when discovered in the lunchbox!

Packed with banana flavour, a whole of load of berry-licious zing, and a chocolate surprise to boot, this version of the all-time favourite snack is not only a treat for the taste buds but contains plenty of nutrients too.

Rich in fibre and antioxidants, thanks to the bananas and raspberries, high in omega-3 fatty acids, because of the flaxseed, and let's not forget the antibacterial and anti-inflammatory properties added by the cinnamon and nutmeg.

It's super quick and easy to make. Simply mix it all together by hand in a bowl, pop into the oven, then watch as the smell and the taste drives everyone bananas!



## Banana + Berry Bread

### Ingredients

3 ripe bananas, mashed
2 eggs
80ml (1/3 cup) maple syrup
100 g (1/2 cup) Greek yogurt
1 tsp vanilla
1 tsp baking soda
200 g (2 cups) white spelt flour
1 tbsp ground flax seed, optional
1/2 tsp nutmeg
1/2 tsp cinnamon
70g (1/2 cup) blueberries, fresh or frozen
60g (1/2 cup) dark chocolate drops, optional



#### Method

- Preheat oven to 180 C and line a loaf tin with parchment paper.
- 2. In a medium bowl, add mashed banana, eggs, yogurt, and maple syrup and whisk to combine.
- 3. Add vanilla, baking soda, flour, flax seed, nutmeg, and cinnamon, and mix again.
- 4. Add berries and chocolate drops and gently fold into the mixture.
- 5. Pour the batter into the prepared loaf tin and bake for around 50 minutes, or until a toothpick comes out clean from the centre of the bread.
- 6. Allow to cool slightly before serving before slicing and enjoying.
- 7. Enjoy.

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