

Banana + Berry Bread



Oliver + Tom

SNACK SHARING + LUNCH BOX RECIPE



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!



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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) raspberries, fresh or frozen
- 50g (1/3 cup) dark chocolate drops, optional



Method

1. 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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