

Juicy Peach-Bananabread & Peach Ice Tea

1 loaf & 2 servings of ice tea

⌚ 60 minutes

● ● ● level of difficulty



Ingredients

125 g sugar substitute (of your choice)
 90 g butter/coconut oil
 3 very ripe bananas
 2 very ripe peaches (equals 150 g)
 100 ml milk/almond milk
 2 eggs
 1 tbsp vanilla extract
 250 g spelt-/spelt wholemeal flour
 6 sachet baking powder
 50 g hazelnuts
 1 very ripe peach (for garnish)
 some hazelnuts (for garnish)

For the glaze:

2 peaches (very ripe)
 75 ml milk/milk alternative

For the ice tea:

500 ml water
 2 tsp black tea
 6-8 ice cubes
 2 organic lemons
 optional: honey/sugar substitute

Preparation

For the banana bread: Whip the sugar substitute and butter in a food processor for few minutes until fluffy. Mash the bananas and pitted peaches and add to the sugar mixture. Stir in the milk, eggs and vanilla extract. Combine the flour and baking powder and stir into the mixture with the hazelnuts. Line a loaf tin with baking paper and pour in the mixture.

Wash and stone a peach and cut into wedges. Spread the peach slices and hazelnut kernels on top. Bake the peach-banana bread in a preheated oven at 175 °C for around 50 minutes. Remove from the oven and leave to cool.

For the glaze, purée the pitted peaches with the milk. Spread the glaze over the cooled banana bread. Tip: Stir a sachet of **spermidineLIFE® Boost+** into the glaze.

For the ice tea: bring the water to a boil, add the black tea, steep for three minutes, then strain and leave to cool. Put the ice cubes in two glasses and pour in the black tea. Wash the organic lemons with hot water, slice them and add to the ice tea. Optionally sweeten with a little honey or sugar substitute. Tip: Black tea leaves contain a high amount of spermidine!

