



BANANA BREAD

Wet Ingredients

2 - 3 ripe or over ripe bananas (over ripe is best)

75g butter, melted

1 egg

1 tsp vanilla extract

1 tsp maple syrup

Dry Ingredients

220g or 1 1/2 cups self-raising flour

165g or 3/4 cup brown sugar

1 tsp ground cinnamon

OPTIONAL: toss in 50g nuts, seeds, chocolate chips (bakers choice) + extra chopped nuts for the top

Method

Turn on oven to a moderate temperature.

Prepare loaf tin with parchment or coat with butter / oil (bakers choice).

In a bowl, whisk together all dry ingredients.

In a separate bowl mash the bananas (save half a banana for the top) and then add the remaining wet ingredients. Mix together all ingredients (wet & dry) until just combined, careful not to over-mix.

Add mixture to loaf tin and then place the remaining half banana on top and sprinkle over any nuts.

Place into the oven to bake. Check and rotate after 20 minutes.

Bake until golden and cooked through - approximately 35-40 minutes.