



BANANA BREAD

Wet Ingredients

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

75g butter

1 egg

1 tsp vanilla extract (extract and syrup can be substituted for 1 tsp of extract, maple syrup or honey)

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)

Method

Turn on oven to a moderate temperature.

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

Whisk together all dry ingredients and keep in a separate bowl.

Weigh out butter and melt in the microwave. While butter is melting, in a separate bowl mash the bananas and combine all the wet ingredients.

Mix together all ingredients (wet & dry) until just combined.

Evenly add mixture to loaf tin and place into the oven to bake.

Check and rotate after 15 minutes.

Bake until golden and cooked through.