

Whole Banana Bread



Use the whole banana to make this amazingly moist banana bread!

Equipment:

- 24-26cm loaf tin or cake tin, or muffin/ cupcake tray
- Baking paper to line the tin, or silicon alternative
- Mixing bowl
- Blender or food processor - essential for the banana peel (you can still make the cake without the peel) Or hand mixer
- Spatula

Ingredients

- 2 medium bananas - with peels, washed thoroughly
- 225g sugar
- 1 egg or vegan alternative
- 100g sourdough starter discard or 80-100g plain flour
- 1 ½ tsp baking powder
- Pinch of salt
- 2 cups plain flour
- Spices, optional
- 60ml light tasting olive oil or vegetable oil
- 60ml milk of your choice
- ½ cup nuts, seeds or muesli/cereal

Method:

1. Preheat the oven to 190C or 170C for fan forced.
2. Remove the hard tops and tails from your bananas and pop into the compost. Blend the bananas and peel in a food processor.
3. Place in a bowl with the sugar and beat with a hand mixer until smooth and pale.
4. Add the egg and mix until just combined.
5. Add the sourdough starter until just combined.
6. Mix the dry ingredients together in a bowl. Mix into the banana mixture in batches with the milk and oil until all used. Stir in your cereal or oats at this stage.
7. Pour into a greased and lined tin. You can top with a few slices of extra banana
8. Bake the bread for 45-60 minutes, or until a skewer inserted comes out clean.
9. Stand for 10 minutes before slicing.