

BANANA BREAD

Contains Gluten Dairy moderate Salicylate & Amine

Serves ~ 10 slices

Ingredients:

2 small just ripe bananas, mashed
1/3 cup canola or vegetable oil
2 eggs
¼ cup natural yoghurt
1 tsp vanilla essence
1 ½ cups self raising flour
2/3 cup sugar
1 ½ tsp baking powder
½ tsp baking soda
Pinch salt
4 tblsp ground linseeds
Icing sugar for sprinkling



Method:

- Preheat the oven to 170°C.
- Grease and line with grease proof paper, a standard loaf pan
- Mash the bananas in a small bowl
- In a large bowl place the banana, oil, yoghurt and vanilla and mix until it turns creamy
- In a separate bowl sift together the dry ingredients; flour, soda, baking powder, salt and sugar. Add the linseeds after the rest has been sifted and gently fold them through the other dry ingredients
- Add the bowl of dry ingredients to the banana mixture and stir gently until combined
- Pour the mixture into the loaf pan
- Cook in the oven for 1 hour
- Remove from the pan and cool on a wire rack
- Sprinkle with icing sugar to serve

NB: The linseeds can be left out of the recipe. They have been added to contribute omega 3 fats to the diet but they will also add some moderate salicylate.