

Isolation Friendly

BANANA LOAF

recipe by kate elizabeth

This recipe is super easy to make and lends itself for substitutions if you do not have the exact ingredients, or if you have dietary requirements. There is no egg in the mixture, making it ideal for the egg shortages at the moment, whilst also being vegan. At the bottom of the page, I have offered some alternatives for a gluten free option. The end result is a moist banana loaf, and you won't even miss the egg!



Method:

Preheat the oven to 170°C/Gas mark 4

1. Combine all dry ingredients (apart from the pecans and chocolate) in a large mixing bowl.
2. Add wet ingredients.
3. Mix thoroughly for about 1 minute, making sure that all ingredients are well combined.***
4. Pour mixture into a lined 2lb loaf tin and sprinkle with some oats and desiccated coconut.
5. Cook in the middle of the oven for 55-60mins, ensuring that a skewer comes out clean from the middle of the loaf.
6. Allow to cool for 5-10 mins in tin before removing.
7. **Slice and Enjoy!**

Ingredients:

270g plain flour sieved*
50g white sugar
50g light brown sugar
1/2 tsp bicarb of soda
1/2 tsp mixed spice powder
1/2 tsp salt
110g butter or dairy free alternative
4tbsp milk of choice
2tbsp maple syrup
3 bananas mashed
1tsp apple cider vinegar**
1tsp vanilla extract
20-30g dark chocolate chopped
small handful of pecans chopped

For the topping:

sprinkle of oats and desiccated coconut



*You can substitute flour for Gluten Free plain flour, (or 250g Gluten free plain flour plus 20g white rice flour) and a pinch of xanthum gum to help bind it all together.

**Apple cider vinegar adds a bit of sweetness to the cake and starts the chemical reaction with the bicarb of soda as this cake uses no eggs. You can substitute with any white vinegar but be aware that you may experience a slight aftertaste.

***This can be done in a food mixer (KitchenAid or similar) with the beater attachment.