



Artisan Chef, Food Writer & Teacher

LIGHT BANANA BREAD

This recipe is simple quick and easy. I usually double the quantities to make a bigger loaf in a 1.5 litre loaf tin.

Serves: 10-12 slices

Preparation time: 15 mins

Cooking time: 1 hour 15 mins

INGREDIENTS

65g of butter

100g soft brown sugar

1 medium size egg

2 small over-ripe bananas (approx. 150g)

15ml natural yoghurt

25g whole wheat flour or spelt

75g plain flour

½ tsp bicarbonate of soda

Pinch of salt

3 drop of vanilla extract (optional)



METHOD

Put the oven on to 170C 150C(Fan)/ Gas Mark 3.

Line a Loaf tin by buttering the inside, line with parchment paper.

Cream the butter with the sugar until light and fluffy. Add the egg until well incorporated.

In a bowl mash the bananas with the yoghurt. Add the vanilla if you are using it.

Sift the flours and the bicarb/salt, the fold in the flours, the banana mash alternately. When everything is together, add the mix to the lined load tin. Put on a tray and then into the oven for 1 hour 15 minutes.

Check by using a wooden skewer to see it the mix is still wet. As you pull it out there should be nothing on the skewer.

Stand in the tin for 10 minutes then turn out onto a wire rack to cool. You can decorate with icing or dust with icing sugar to serve.