

BANANA, APPLE & NUT LOAF



**DON'T
BE A
WASTER!**

Rabobank

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Recipe by Courtney Roulston for Rabobank

INGREDIENTS

1 ½ cups self-raising flour (gluten free will also work)
½ cup almond meal
⅓ cup coconut sugar
2 teaspoons ground cinnamon
2 over ripe bananas
2 apples, grated
2 free-range eggs
½ cup coconut yoghurt
½ cup extra virgin olive oil
6 fresh medjool dates, chopped
⅓ cup whole almonds, chopped
¼ cup hazelnuts, chopped

SERVES 8

Prep time: 10 minutes
Cook time: 60 minutes
Dietaries: Vegetarian,
Gluten free (optional)

METHOD

- Step 1.** Pre heat the oven to 170 degrees C. Grease and line a loaf tin with baking paper, ensuring it overhangs to make it easy to lift out the loaf. Place all of the dry ingredients into a large mixing bowl with a pinch of salt. Stir to combine and make a well in the centre.
- Step 2.** In a separate bowl place 1 & 1/3 of the bananas and use a fork to mash them up into a pulp. Cut the remaining 2/3 of a banana into a bowl and stir with the chopped nuts. Add the grated apple, eggs, yoghurt and extra virgin olive oil into the mashed banana and stir well.
- Step 3.** Mix the apple mixture into the dry ingredients and mix well until you have a thick batter. Scatter the nut mixture all over the top of the loaf, pressing down gently so it sticks.
- Step 4.** Bake for 50 minutes – 1 hour or until a wooden skewer comes out clean when inserted into the middle of the loaf. Allow to cool for 15 minutes in the tin before removing to slice and serve.