



GLUTEN-FREE BABY BANANA BREAD

GLUTEN
FREE

STAGE 1

You can't go wrong with a bit of banana bread - especially when it's gluten-free and perfect for everyone to enjoy!

Slices of banana bread make great go-to finger foods for budding foodies on the weaning journey. For a veggie twist, you can also add grated carrot. Make baby-led weaning that bit easier with our super-simple gluten-free banana bread recipe.

WHAT YOU NEED

- 3 ripe bananas, mashed
- 8 seedless dates, blended into a paste
- 3 eggs
- 80ml coconut oil
- 1tsp ground cinnamon
- 1tsp vanilla extract
- 1tsp bicarbonate of soda
- 200g gluten-free flour (you could also use almond meal)

WHAT TO DO

1. Preheat your oven to 160°C and prepare a loaf tin by lining it with baking parchment.
2. Combine the bananas, dates, eggs, oil, cinnamon, vanilla and bicarbonate of soda in a bowl and mix until combined. Sieve the gluten-free flour into the bowl, combining once again.
3. Spoon your batter into the prepared tin and bake for between 45 minutes to an hour. You will know it is ready when a skewer inserted into the middle comes out clean.
4. Once cooked, remove from the oven and cool on a wire rack.