



NO FLOUR BANANA BREAD

25 MINS
PREP

SERVES
5-6

STAGE 2

VEGGIE

GLUTEN
FREE

This is by far the best banana bread we have ever eaten and the recipe doesn't even miss the flour!

This vegetarian, gluten-free recipe is full of omegas, vitamin E, potassium, magnesium and selenium. Serving 5-6 people, it's perfect for a midday snack or an easy breakfast. Try toasting it and adding chocolate spread if you want an extra treat.

WHAT YOU NEED

100g raisins
60ml apple juice
3 ripe bananas (approx 300g)
30g butter or coconut oil
2-3 tbsp date or maple syrup
(to your taste)
1 tsp vanilla extract
3 large eggs
1 pinch of salt
1 tbsp lemon
1 tsp ground cinnamon
1/2 tsp bicarbonate of soda
200g ground nuts (either almonds or hazelnuts work best)
50g ground flaxseed

WHAT TO DO

1. Preheat the oven to 170°C/Gas 3 and line a 23x13cm loaf tin with baking paper.
2. Place the apple juice and raisins in a pan on a medium heat and bring to the boil.
3. Remove from the heat once boiled and leave to plump up whilst you get the rest ready.
4. Mash the bananas with the butter until combined, then add the syrup, vanilla, eggs, lemon and salt and mix well.
5. Fold in the remaining dry ingredients and add the strained plump raisins before placing the mixture in the tin and bake for 1 - 1 1/4 hours.
6. Cover the bread with foil if it starts to brown too quickly. It's baked when a knife comes out of the centre clean (with no wet mixture attached).
7. Cool on a rack before slicing. Best stored in the fridge for up to a week.