

No added sugar banana loaf

Food Foundations • another NAQ Nutrition program

Ingredients – serves 12

- 1 ½ cups plain self-raising flour
- 1 ½ cups wholemeal self-raising flour
- 3 ripe bananas, mashed
- 2 eggs, lightly beaten
- 2 x 140g tubs apple puree
- 350ml plain or natural reduced fat yoghurt
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- ½ cup sultanas



Method:

1. Preheat oven to 180°C. Line a loaf tin with baking paper, extending paper 2cm above edges of tin.
2. Place flours in a large bowl. Make a well in the centre. Add mashed banana, eggs, apple puree, yoghurt, vanilla extract, cinnamon and sultanas.
3. Stir to combine but don't over mix the batter as it can become tough.
4. Spoon mixture into prepared pan.
5. Bake for 40 minutes or until golden and a skewer inserted into centre of bread comes out clean.
6. Transfer bread to wire rack to cool completely before slicing.

Food Group	Serves provided per portion
Fruit	0.8
Grains (cereal) foods	1