

BREAKFAST

Banana Bread

Makes 10 - 12 slice loaf - 1 slice = 1 portion

Serve with your choice of nut butters and fresh berries for a filling breakfast.

- 150g pecan nuts
- 100g flaxseed
- 50g sunflower seeds
- ½ tsp cream of tartar
- ½ tsp baking soda
- 1 tsp cinnamon
- 4 free-range eggs
- 1 large ripe banana
- 2 tbsp coconut oil, melted
- 1 tbsp maple syrup

1. Preheat the oven to 180C.
2. Place the pecans, flaxseed and sunflower seeds into the blender and process to form a fine meal.
3. Transfer to a large bowl with the other dry ingredients and mix.
4. Place the eggs, banana, oil and maple syrup in the blender and process until smooth.
5. Pour into the dry ingredients and mix thoroughly.
6. Spoon into a lined loaf pan and bake for 40—45 mins until firm to the touch.
7. Allow to cool for 5 mins before turning out.

