

Banana & date bread

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Ingredients:

- 2 cups self-raising flour
 - 1 tsp bicarbonate of soda
 - 1 tsp ground nutmeg
 - 1/2 cup caster sugar
 - 2/3 cup (150g) fresh dates, pitted and roughly chopped
 - 1 cup reduced-fat milk
 - 2 eggs
 - 1 cup mashed banana (about 2 large very ripe* bananas)
- * Ripe bananas intensify the flavour

Health benefits:

Bananas

The carbohydrate found in bananas has a low glycemic index which means it is absorbed slowly and is extremely filling giving you sustained energy. Bananas are low in fat and make a nutritious snack anytime of the day.

Method:

1. Preheat oven to 180°C. Grease and line a 24cm x 13.5cm loaf tin.
2. Sift flour, bicarbonate of soda and nutmeg together in a large bowl. Add sugar and dates and mix until dates are well coated with flour mixture.
3. Combine milk, eggs and banana in a medium bowl. Fold into date mixture and mix until batter is well combined. Spoon mixture into prepared tin. Bake for 45–50 minutes or until cooked when tested with a skewer. Cool for 5 minutes in tin then turn out onto a wire rack. Serve banana and date bread sliced and buttered or toasted, if desired.

Serves: 4

Preparation: 20 minutes

Cooking: 45–50 minutes