

## Banana, honey & cinnamon bread



## Banana, honey & cinnamon bread

Preparation 25 mins | Cooking 50 minutes | Serves 8

- 2 cups plain flour
- 2 tsp baking powder
- 1 tsp bicarbonate of soda
- pinch salt
- 1½ tsp ground cinnamon
- ½ cup caster sugar
- 2 free-range eggs
- 1 cup reduced fat milk
- ¼ cup honey
- 3 medium very ripe bananas, mashed\*

*\*You'll need 1 cup mashed banana.*

**STEP 1** Preheat oven to 180°C/160°C fan-forced. Line base and sides of a large loaf pan (about 23cm long x 10cm wide x 8cm deep) with baking paper.

**STEP 2** Sift flour, baking powder, bicarbonate of soda, salt and cinnamon into a large bowl. Stir in sugar.

**STEP 3** Combine eggs, milk, honey and mashed bananas in a large jug. Whisk until combined. Make a well in the centre of dry ingredients, using a large metal spoon, gently fold in honey and egg mixture until well combined. Spoon mixture into prepared pan. Bake for 50-55 minutes or until a skewer inserted in the centre comes out clean. Cool in pan for 10 minutes then turn onto a wire rack to cool completely. Slice and serve lightly buttered or toasted if desired.

### Good for you... **BANANAS**

*A good source of vitamins B6 and folate. Vitamin B6 is needed for the body's nervous system and folate is important for making red blood cells. A source of antioxidant vitamins E and C (vitamin C also helps protect us against infection). A good source of dietary fibre and also provides potassium.*

