

wholesome banana bread



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Preparation 25 mins | Cooking 55 mins | Serves 10

- 1 cup wholemeal plain flour
- 1 cup plain flour
- 1 tsp ground cinnamon
- 2 tsp baking powder
- 1 tsp bi-carbonate of soda
- $\frac{2}{3}$ cup firmly packed brown sugar
- 2 large over-ripe bananas (about 1 cup mashed banana is required)
- $\frac{2}{3}$ cup buttermilk
- 1 tsp vanilla extract
- 2 free range eggs, whisked
- $\frac{1}{4}$ cup rice bran oil

Topping:

- 1 just-ripe banana
- 1 tbs sunflower kernels (optional)
- 1 tsp demerera sugar

STEP 1 Preheat oven to 180°C/160°C fan-forced. Grease and line a loaf pan (11cm x 21cm base measurement) with baking paper leaving a 1cm overhang over the sides of the pan. Sift flours, cinnamon, baking powder and bi-carb into a large bowl (add husks in sieve to bowl). Stir in sugar and make a well in the centre.

STEP 2 Peel and mash the over-ripe bananas in a bowl until smooth. Whisk buttermilk, vanilla, eggs and oil in bowl until thick and creamy. Fold buttermilk mixture and bananas through the dry ingredients. Spoon mixture into prepared pan.

STEP 3 For the topping, peel and slice just-ripe banana and arrange on cake mixture. Sprinkle with seeds if liked and demerera sugar. Bake for 55-60 minutes or until a skewer inserted in the centre comes out clean. Turn onto a wire rack to cool completely. Slice and serve.