

COCONUT & BANANA BREAD

BAKING

Prep: 15 minutes

Cook: 35-40 minutes

Serves 6-8

140g unsalted butter, softened
140g dark brown soft sugar
2 large eggs
3 small ripe bananas, mashed (280g)
65g coconut flour
75g gluten free self-raising flour
½ tsp gluten free baking powder
¼ tsp LoSalt



Preheat the oven to 180°C, gas mark 4. Grease and line a 900g loaf tin.

Using an electric hand whisk, beat together the butter and sugar until pale and fluffy.

Whisk in the eggs 1 at a time, then stir in the mashed bananas.

Fold in both flours, baking powder and LoSalt and spoon into the prepared tin.

Bake for 35-40 minutes until a skewer comes out clean.

Cool slightly before removing from the tin.

Cooks tip

This is a great way to use up bananas that are perhaps too ripe to eat.

Nutrition information					
Typical values	per 100g		Per 103g serving		%RI per serving
Energy	1264	kJ	1302	kJ	16%
	303	kcal	312	kcal	16%
Fat	17	g	17	g	24%
of which saturates	10	g	11	g	55%
Carbohydrate	32	g	33	g	13%
of which sugars	23	g	24	g	27%
Fibre	3.7	g	3.8	g	15%
Protein	4.2	g	4.3	g	9%
Salt	0.29	g	0.29	g	5%