

Choc banana bread

Like most banana breads, this recipe was inspired by some leftover bananas that needed using up in the fruit bowl. It uses extra-virgin olive oil and almond meal for a good dose of healthy fats, and I like to use half whole meal and half regular plain flour. The choc chips can be additional but do make this banana bread extra delicious.

Makes 10 slices

Prep: 15 mins

Cook: 45 mins

3 over ripe bananas
2 eggs
60g (¼ cup) Greek or natural yoghurt
80ml extra-virgin olive or macadamia oil
1 tsp pure vanilla extract
150g (1 cup) plain flour (see tip)
3 tsp baking powder
1 ½ tsp ground cinnamon
100g (1 cup) almond meal
1-2 tbs raw sugar (optional)
½ cup small dark choc chips, plus extra to sprinkle

1 Preheat oven to 180°C. Line a loaf tin with baking paper.

2 Place bananas in a large bowl and mash with a fork. Stir in eggs, yoghurt, oil and vanilla until combined. Sift together the flour, baking powder and cinnamon. Add flour mixture and almond meal to banana mixture and stir until just combined. Add sugar to taste if using (this will depend upon sweetness of bananas). Stir through choc chips.

3 Place mixture in prepared tin and sprinkle top with extra choc chips. Bake for 45 minutes, or until golden and a skewer inserted into the centre comes out cleanly (cover top with foil if browning too quickly). Set aside to cool for 10 minutes before carefully removing from tin.

Tip: Banana bread is delicious eaten warm or cold. Is suitable to freeze.