

OLD JOE'S KAIA COUNTRY HAVEN

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BANANA LOAF

Switch oven to 180° C
Prepare 1 medium loaf tin

Sieve together the following,
make a well in the middle:

- 300 g cake flour*
- 20 ml baking powder*
- 5 ml bicarbonate of soda*
- 5 ml salt*
- 10 ml cinnamon powder*
- 10 ml ginger*
- 5 ml mixed spice*

In a blender combine the wet
ingredients until smooth:

- 180 ml almond or soya milk*
- 300 g ripe bananas (3 medium)*
- 5 ml vanilla*
- 150 g brown sugar (or dates)*
- 80 ml sunflower oil*
- 30 ml flax meal*

Add to the blender and blitz very
briefly:

- 100 g walnuts /pecans (optional)*

Add the wet ingredients to the dry ingredients and mix until well blended.
Scoop into the prepared pan and bake for 45 minutes

Note: - use dates instead of sugar for a truly healthy delicious treat.