

OLD JOE'S KAIA COUNTRY HAVEN

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BANANA LOAF

Switch oven to 180° C
Prepare 1 medium loaf tin

Make the equivalent of 2
flax eggs* by soaking for at
least 10 minutes:

15 g [flax meal](#) (30 ml)
60 ml water

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

300 g cake flour
20 ml baking powder
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
5 ml bicarbonate of soda
soaked flax meal solution

Add to the blender and blitz very
briefly:

100 g walnuts /pecans (optional)

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

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

***flax egg** - a plant-based alternative to a chicken egg:
15 ml flax meal soaked in 30-45 ml of water, soaked for 10 minutes.
Find flax meal in our [ONLINE STORE](#).