



SKYE BLUE

Kitchens

TROPICAL BANANA BREAD

Preheat the oven to 180°C. Line bottom and sides of a large loaf tin (25cmx13cmx6cm approx.) with baking paper.

What you need:

250g Baking Bag mix

1/3 cup ground almonds

2-3 tsp ground ginger (optional)

2 ½ tsp baking powder

125g softened butter (note 1)

3 eggs (size 7)

500g bananas (unpeeled)

½ cup crushed pineapple, drained *

¼ cup chopped pistachio nuts (optional)

1-2 TBS pure maple syrup



To Make:

Add all the dry ingredients into a bowl and stir well to combine. Peel and bananas and mash with a fork. Set aside. In another bowl add the butter and maple syrup. Cream lightly with electric beaters then add the eggs one at a time. Add one TBS of the flour mix each time to avoid curdling.

Add half the bananas and half the remaining flour to the batter, blend through. Add the remaining flour, banana and pineapple, mix through to combine. Spoon the mixture into the prepared tin and sprinkle with the chopped nuts if using. Bake for approximately 30-35 minutes or until a skewer comes out clean, (ovens will vary).

Leave to cool in the tin for 15 minutes then turn out onto a wire rack. As it is cooling you could sprinkle with a little caster or coconut sugar if you wish. When completely cold cut into thick slices and serve with butter, ricotta or cream cheese. Equally delicious on its own.

Note:

1. For dairy free replace the butter with Olivani.

Tip: This loaf is lovely and moist and keeps really well in the fridge. Wrap in baking paper and tin foil when completely cold and it will keep fresh for up to a week. Alternatively, cut and wrap individual slices and pop in the freezer. Great to grab out for kids or adult lunchboxes.

*I used Doles crushed pineapple in natural juice.