

ONE BOWL BANANA BREAD

(vegan : egg-free : dairy-free : wholefoods)

4 bananas

½ cup olive oil (or a mix of walnut and olive oils)

½ cup maple syrup

½ cup soya milk

1 teaspoon vanilla paste

¼ cup chia seeds

1 cup coconut flakes

2 cups wholemeal spelt flour

4 teaspoons baking powder

- Pre-heat oven to 180 degrees C and line a loaf tin with parchment paper.
- Mash wet ingredients together in a large mixing bowl with a fork.
- Place dry ingredients on top in that order and stir through gently with fork.
- Pour into lined loaf tin, and press a handful of your favourite nuts onto the top of the batter.
- Bake 40 mins at 180 degrees, or until a skewer comes out cleanly.
- Turn out of the tin to cool on a cooling rack.
- Delicious while still warm served with a dollop of coconut yogurt and a drizzle of maple syrup as a dessert.
- Or let it cool to room temperature and serve just as it is.

