Capilano Honey Banana Bread

EASY • 1 HR 15 MINS

Refined sugar, gluten and dairy free, Capilano honey banana bread is a better-for-you take on the classic. A hard-working baking staple, this freezer-friendly recipe is nourishing, comforting and versatile. Simply mix in your favourite nuts, seeds or chocolate chips.

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	15 mins	60 mins	8-10

Ingredients

- 1 2/3 cups (250g) gluten free plain flour (or plain flour)

Method

1. Preheat oven to 160°C (fan-forced). Grease and line base of a 13.5cm x 23.5cm loaf pan.

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- 2 tsp bicarb soda
- 1 tsp cinnamon, ground
- ¼ tsp salt
- ½ cup (125ml) extra virgin olive oil
- 180g (½ cup) Capilano Pure Honey
- 2 tsp vanilla extract
- 2 large eggs
- 3 large ripe bananas (400g), mashed
- 2 tbsp coconut or natural yoghurt
- ½ cup walnuts or dairy free choc chips (optional)
- 1 ripe banana, sliced

Method

2. Place flour, bicarb soda, cinnamon and salt in a large bowl and mix to combine. Set aside.

3. In a large bowl, combine olive oil, honey, vanilla and yoghurt, whisking to combine well. Add eggs and banana, mix until well combined.

4. Sift flour, bicarb soda and cinnamon into wet mixture and fold gently until just combined. Add optional nuts or choc chips, fold gently.

5. Pour mixture into prepared loaf tin and place lengthways sliced banana on top. Bake for 40 minutes, then cover with foil and bake for an additional 20-25 minutes or until an inserted skewer comes out clean. Cool in pan briefly then turn onto rack to cool.

6. Store in an airtight container for up to 5 days, or allow to cool and slice and freeze in portions for up to 3 months.

Used in this recipe

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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