

BANANA BREAD

A RECIPE FROM BLUEFOOT TRAVEL

INGREDIENTS

- 1 3/4 cup plain flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 4 bananas (1 1/2 cups)
- 1/2 cup plain yoghurt
- 1 tbsp lime juice
- 1/2 cup of salted butter
- 1/2 cup golden granulated sugar
- 2 eggs
- 1 tsp vanilla essence
- 1/4 cup walnuts chopped
(optional)

DIRECTIONS

- Preheat oven: 350F, 175C, Gas 4
- Butter a loaf pan and line with parchment paper.
- In a large bowl mix together the dry ingredients. Sieve the flour, then add baking powder, baking soda and salt
- In another smaller bowl, mix the bananas, yoghurt and lime juice.
- In a third large bowl, cream together butter and sugar. Then add the eggs and vanilla. Mix until smooth.
- To this last mixture fold in 1/2 of the dry ingredients. Alternate folding in the banana mixture. Add the chopped walnuts at this stage if desired.
- Pour the mixture into the loaf pan and bake for 55 mins or until a toothpick comes out clean when inserted in the middle of the cake.
- Once cooked, cool down on a rack before slicing the bread. Be careful as it won't cut well hot.
- Delicious served cold, warm or toasted and drizzled with honey.

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