

BANANA NUT BREAD

Ingredients

3 oz Vegan spread
4 oz Caster sugar
12-14 oz bananas (skins removed)
8 oz plain flour
3 level teaspoons baking powder
Half level teasp. salt
2 oz walnuts, roughly chopped, OR sunflower seeds
(I like to add about 4 oz chopped dates as well, or instead)

Method

Cream spread until soft, then work in sugar and beat to a smooth mixture. Well mash bananas, add to mixture and beat until blended. Sieve together flour, salt and baking powder, and stir one tablespoon into nuts, if using. Add remaining flour to mixture, stir until mixed, then add nuts (and/or dates) and stir again.

Turn mixture into a well-greased loaf tin measuring 9 x 5 x 2-and-a-half", and bake at approx 350F / Mark 4 / 177C

(Obviously, adapt your technique if you use a Magimix or similar. I don't have one!)