

# banana bread (fat free)

by Daniel Edwards

## what you will need

- 2 soft bananas
- 1 cup of sugar
- Pinch of salt
- 1 egg
- 2 cups flour - half wholemeal
- 1 teaspoon soda bicarbonate
- 1 teaspoon baking powder

**Makes 1 loaf**

**Preparation time = 20mins**

**Cooking time = 45-60mins**

**Cost per loaf =  
less than £1.25**

## get cooking

Mash the bananas.

Beat the bananas and the sugar together.

Add the salt and egg and beat.

Sift the dry ingredients together in a separate bowl and then gradually add the egg and banana mixture.

Pour into a greased loaf tin and bake at 170C /gas mark 3.

Check after 45 minutes by inserting a skewer - but it may need 1 hour.

## alternatives

Spread with low fat cheese and top with sliced banana or strawberries for a healthy dessert.

## top tips

A great tasting healthy recipe. Use it in lunch boxes - for adults and children!



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