

Banana and Walnut Loaf

If you're craving something sweet this is great option. The flax seeds, walnuts and almonds provide a good source of healthy fats and it's also a perfect lower carb cake which will help keep blood sugar and energy levels stable.

Ingredients

- 2 ripe bananas (mashed)
- 100g nut butter
- 50g coconut oil or good quality butter
- 150g honey or coconut sugar
- 3 eggs
- 25g ground flax seeds
- 75g chopped walnuts
- 150g ground almonds
- 50g brown rice or buckwheat flour
- 1 tsp baking powder
- 2 tsp cinnamon

Method

- *Melt the coconut oil and nut butter : either in a bowl over a pan of hot water on the stove or in the microwave.
- *Add the mashed banana and coconut sugar or honey and stir in.
- *Beat the eggs and combine them with the mixture.
- *Add the almonds, baking powder, cinnamon, flax seeds, walnuts and flour mixing it well until it is all combined.
- *Pour into a loaf tin which has been lined with baking parchment.
- *Bake in the oven at 170°C for approx. 35-40 mins or until the centre is cooked through (a cake tester should come out clean). All ovens vary so it's best to keep an eye on it when you first make it.

Recipe notes:

You can also top with some slices of banana just before baking. Great as a snack or as a dessert served with some Greek yoghurt. Use any type of nut butter e.g. peanut, almond.



Serves : 14
Prep: 10 mins
Cook: 30 mins



Nutrition per serving:
Cals: 195
Protein: 5g
Carbs: 15g
Fat: 11g