

BISCUITY BANANA BREAD

Now for the fun bit – eating! Why not start your vegan adventure by baking this light and fluffy banana bread, laced with cookie spread and topped with crunchy cookies? Perfect with a cup of tea or as a dessert with ice cream.

INGREDIENTS

3 ripe bananas, mashed
2 Tbsp chia seeds
60 ml almond milk
2 Tbsp olive oil
2 Tbsp syrup
1 tsp almond essence
1 cup coconut sugar
1 tsp baking powder
1 tsp bicarbonate of soda
1 tsp cinnamon
1 cup flour e.g. white, spelt (or half and half/your preferred GF flour)
80 g Biscoff cookie spread (or similar)
4 Biscoff cookies (or similar)

1. Preheat the oven to 160C fan/180C/gas mark 4 and line 1 large or 2 small loaf tins with baking paper.

2. Stir the mashed banana with the chia seeds, almond milk, oil, syrup and almond essence in a large mixing bowl. Leave for 5–10 minutes.

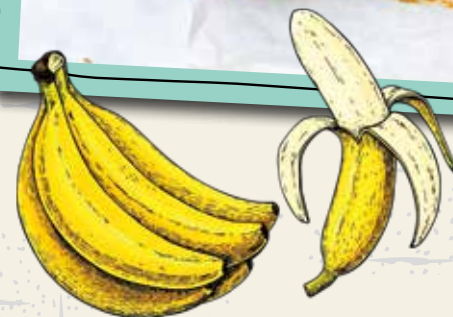
Bananas are a great source of fibre and carbohydrate and supply us with the minerals potassium, vitamin B6 and vitamin C.

3. Add in the coconut sugar, baking powder, bicarbonate of soda, cinnamon and flour and stir to combine (the mixture will be quite thick).

4. Pour half the batter into the 2 small or 1 large loaf tin(s) and then spoon over the Biscoff cookie spread in an even layer. Top with the remaining banana bread batter.

5. Crumble the Biscoff cookies on top of the loaves or loaf and bake for 25–30 minutes for 2 small loaves or 35–40 minutes for 1 larger loaf.

6. Allow to cool on a wire rack in the tin(s) for 10 minutes, remove from the tin(s) and then allow to cool fully on the rack. Store in an airtight container for up to 3 days.



Recipe taken from
VEGAN DO IT!
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