



# Banana Bread

## Ingredients

- 🏠 1 drizzle of vegetable oil\*
- 👑 3 ripe bananas
- 👑 ½ cup (125 ml) sugar
- 👑 ¾ cup (180 ml) coconut milk
- 👑 ½ cup (125 ml) unsalted butter, melted
- 👑 1 ½ cup (375 ml) all-purpose flour
- 👑 2 tsp (10 ml) baking powder
- 🏠 1 cup (250 ml) of mix-ins of your choice (optional)

## YOU WILL NEED

- ★ bowl (large)
- ★ fork
- ★ loaf pan\*
- ★ set of measuring cups
- ★ set of measuring spoons
- ★ spatula
- ★ whisk

## SUGGESTED ALTERNATIVES

- \*OIL → use butter wrapping paper
- \*MIX-INS → chocolate chips, pumpkin or sunflower seeds, nuts, dried fruits, etc.
- \*LOAF PAN → muffin pan (bake 25 minutes)

# continuation of the recipe

## Preparation

- 1 Preheat oven to 350°F.
- 2 Grease a loaf pan\* (if possible use butter wrapping paper). Set aside.
- 3 In a large bowl, mash bananas with a fork until completely smooth.
- 4 Add sugar, coconut milk and melted butter and whisk well.
- 5 Add flour and baking powder and mix gently. BE CAREFUL not to overmix the batter, otherwise the bread will be tough and rubbery.
- 6 Optional : Add mix-ins of your choice and stir gently.
- 7 Pour into the loaf pan.
- 8 Bake for about 50 to 60 minutes or until a toothpick inserted in the center of the bread comes out clean.

### CHEF'S TIP

→ DO YOU USUALLY PUT YOUR OVER-RIPE BANANAS IN THE COMPOST?

1. PEEL THEM
2. PLACE IN AN AIRTIGHT CONTAINER
3. FREEZE FOR YOUR NEXT BANANA BREAD!
4. DEFROST IN THE MICROWAVE FOR A FEW SECONDS. THE RIPER THEY ARE, THE BETTER YOUR BREAD WILL BE!

→ ON THE OTHER HAND, IF YOUR BANANAS ARE A LITTLE TOO GREEN, PLACE THEM IN A PAPER BAG FOR A FEW DAYS TO SPEED UP THE RIPENING PROCESS!