

Michael Weldon's Banana Bread for Little Athletes



Serve: 8-10 slices

Prep time: 20 minutes

Cook time: 1 hour

Ingredients & Measurements

- 3 over-ripe bananas
- 2 cups plain flour
- 1 tsp baking powder
- ½ tsp cinnamon
- Pinch of salt
- ½ cup or half a block of butter (125g) soft
- ¾ cup brown sugar
- ½ cup Greek yoghurt
- 2 large eggs
- 1 tsp vanilla bean paste
- ½ cup walnuts

Method

1. Pre-heat an oven to 180 degrees Celsius.
2. Mix together the flour, baking powder, cinnamon and a pinch of salt in a large bowl.
3. In a second bowl, cream the butter and sugar until light and smooth. Add the eggs one at a time, mixing until fully combined. Add the yoghurt and banana, mix until all combined. Gently fold the dry mix into the wet, also add the walnuts. Ensure not to mix the bread batter too much.
4. Place into a greased line loaf tin and put into the oven. Bake for 50 to 60 minutes until a cake tester come out of the cake clean.
5. Allow the banana bread to fully cool in the tin then remove and enjoy.

Notes: This bread can be sliced into individual slices and wrapped in plastic wrap and frozen or kept in the fridge. It is also great toasted.



Coles, donating millions of bananas to Little Athletics since 2017.