

DATE & WALNUT BANANA BREAD

I n g r e d i e n t s

- * 1 1/2 cups whole meal flour
- * 1 cup wheat bran
- * 2 1/4 teaspoon baking powder
- * 1/2 teaspoon baking soda
- * 1/3 cup raw sugar
- * 1/4 teaspoon salt
- * 1/2 cup chopped dates
- * 1/2 cup walnuts
- * 1/4 cup milk
- * 125g unsalted butter
- * 1/2 cup buttermilk
- * 1 1/2 teaspoon of vanilla extract
- * 2 medium eggs
- * 3 ripe mashed bananas



D i r e c t i o n s

1. Preheat the oven to 350F/180C. Grease a 9 x 5 inch loaf pan and coat in flour to prevent sticking.
2. Put the flour, baking soda, wheat bran, sugar and salt into a large mixing bowl and mix well until all the all the dry ingredients are well combined.
3. Add the chopped dates and walnuts and mix them in well. Make a small indent in the middle of the mixture ready to pour in the wet ingredients.
4. In a small saucepan, heat the milk until it just start to boil. Then take it off the heat and add the butter so it melts. Then whisk in the buttermilk and vanilla extract.
5. In another bowl, whisk the eggs and pour in the buttermilk mixture from the saucepan. Whisk it as you pour. Also add the mashed bananas and whisk it all together.
6. Pour the wet ingredients into the prepared dry ingredients and stir well. The batter should become very thick.
7. Pour the batter into the prepared loaf pan and smooth it out as evenly as possible.
8. Bake for about 45 minutes at 350F or until the loaf top is golden brown. Test by putting a toothpick into the center of the loaf. When it is ready the toothpick should come out clean.

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