

**EAT LIKE  
A PRO**

by **beko**



# Banana Bread

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## What you'll need ...

2 mashed bananas + 1 banana to decorate the top

180ml honey

150g unsweetened apple sauce

50ml coconut oil (plus a little extra to grease the loaf tin)

1 tspn of vanilla essence

4 eggs

220ml milk of your choice (almond, coconut, skimmed)

200g whole wheat flour

100g rolled oats (plus an extra handful to sprinkle as a topping)

1 tspn of baking powder

1 tspn of baking soda

Pinch of Salt

1 tspn ground cinnamon

30g coconut flakes

15g poppy seeds

100g chopped walnuts

Zest of an orange



10-15 min

Prep time

60-70 min

cook time



4 people



- 1 Preheat the oven to 180°C. Grease a loaf tin with coconut oil.
- 2 In a large bowl, mix the mashed banana, apple sauce, honey, eggs, the milk of your choice, coconut oil, orange zest and vanilla essence until thoroughly combined and creamy.
- 3 In a separate medium bowl, whisk together the whole wheat flour, oats, baking powder, baking soda, salt, cinnamon, poppy seeds, coconut flakes and walnuts.
- 4 Add the wet ingredients to the dry ingredients and mix until just combined.
- 5 Pour into the prepared loaf tin, decorate with 2 slices of banana. Sprinkle the oats over the top and bake for 60-70 minutes, or until a toothpick inserted into the centre comes out clean with a few crumbs attached.
- 6 Remove from the oven and place on the wire rack to cool completely. Carefully remove from the cake tin, slice and serve.