



Banana breakfast loaf

Full of fibre and wholegrains, this delicious loaf is a great alternative to breakfast cereals.

⌚ Prep time 10 minutes the night before, and 5-10 minutes in the morning

🍴 Serves 8-10 slices

Vegetarian, wheat-free

Ingredients

1 cup of rolled oats or quick oats (depending on the preferred texture)

1 cup yoghurt

½ cup pecans or walnuts roughly chopped

½ cup chopped dates

¼ cup of honey

3-4 ripe bananas

1 cup wholemeal spelt flour

¾ cup of shredded coconut

¼ cup of macadamia oil

2 eggs lightly beaten

4 teaspoons of baking powder

1 teaspoon cinnamon

Variation

Substitute the dates and pecans for chopped dried figs and sunflower seeds

Method

Soak the oats, pecans dates and honey in the yoghurt in a bowl in the fridge overnight. In the morning, preheat oven to 180°C. Line a loaf tin with baking paper. Add mashed bananas to the soaked ingredients and stir to combine. Add the remaining dry ingredients and the eggs and oil. Cook in oven for one hour or until golden and cooked.

This is a moist loaf. Slice into thick slices and toast or grill. The loaf can be sliced and then frozen for later use, but will keep for several days in an air tight container, preferably in the fridge. Serve on its own or with yoghurt, a nut spread or ricotta.



Nutritional information

This breakfast loaf was created for my good friend Jo, a busy working mother who forgets to eat breakfast on her non-working day and then finds herself ravenous by late morning. She is rather partial to a sweet breakfast and this loaf certainly has a sweet taste- provided by the honey and the natural sweetness of the dates (or figs). It provides the goodness of wholegrains and fibre that would often be provided from a breakfast cereal, in the form of the rolled oats, wholemeal flour and seeds.

By using macadamia oil instead of butter, it reduces the saturated fat content of the loaf. The fat can be further reduced by using low fat yoghurt and only egg whites. The nuts and seeds are sources of good oils. The dried fig and sunflower seeds variation is Jo's preferred loaf. I like to serve topped with natural yoghurt to provide a contrast to the sweetness.

Recipe by
Sandra Vilella
Jean Hailes
Naturopath

