

More than 1 hour

Serves 6-8

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Ingredients:

- 4-5 (about 220g) ripe or overripe bananas, peeled
- ¼ cup (60ml) melted butter or canola oil
- 1 tsp (5ml) baking powder
- 2 cups (about 300g) cake or wholewheat flour
- ½ tsp (3ml) salt
- 2 eggs, whisked
- 1 tsp (5ml) vanilla essence
- ⅔ cup (135g) brown (or white) sugar
- ½ tsp (3ml) ground cinnamon
- ¼ cup (60ml) chopped walnuts (or almonds), plus extra for topping

Serving suggestion:

- Butter, softened
- 2 tsp (10ml) honey
- ¼ cup (60ml) blueberries

Method:

1. Preheat oven to 180°C.
2. Place 3 bananas in a large zip-seal bag and mash with your hands.
3. Add butter or oil.
4. Combine baking powder, flour and salt and add to banana mixture.
5. Combine eggs and vanilla and add to banana mixture.
6. Add sugar, cinnamon and walnuts to mixture, then seal bag.
7. Massage mixture with your hands for about 5 minutes, or until well combined.
8. Grease a loaf tin with butter and line with baking paper.

9. Spoon batter into loaf tin.
10. Slice remaining bananas lengthways and arrange on top of batter, then scatter with extra nuts.
11. Bake for 1 hour and 10 minutes, or until a skewer inserted into the centre of the loaf comes out clean.
12. Cool completely in loaf tin before turning out onto a wire rack.
13. Slice and serve with softened butter, honey and blueberries, if using.

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