

Banana bread



3.0

153 rating



Baking



20 min

You will need

Honey	110 g
Coconut fat	74 g
Eggs	2
Hamánek pear and buckthorn	50 g
Full-fat milk	60 ml
Himalayan salt	1/3 teaspoon
Cinnamon	1/2 teaspoon

Fine flour	130 g
Baking soda	1 teaspoon
Ground nuts	100 g

Cooking instructions

Mash two bananas with a fork and place in a bowl. Melt the coconut fat and honey over a low heat in a small pan and then add it to the bananas with the eggs and stir. Add the Hamánek baby food to the mixture, along with the milk, salt and cinnamon. Mix the fine flour, baking soda and ground nuts in a bowl and gradually stir into the wet mixture. Grease the bread mould with a little coconut fat and pour the mixture into the mould. Peel the remaining banana and cut in half. Place both halves on top of the mixture, cut-side facing up. Bake at 170 degrees for 45 - 50 minutes.