Banana Bread

Ingredients

1.5 cups all-purpose flour

0.5 cup whole wheat flour

1 cup sugar

1 teaspoon baking soda

0.5 teaspoon salt

0.5 cup nuts

3 large bananas, very ripe, peeled

0.25 cup sour cream/yoghurt/ buttermilk

2 large eggs

1 teaspoon vanilla extract

1 stick butter/ ghee/coconut oil

1. Preheat oven to 180 degrees C.
2. Mix all flours, sugar, baking soda and salt. Whisk together well, then toss in nuts to coat. Set aside.
3. In a separate bowl, gently mash peeled bananas.
4. Add 2 slightly beaten eggs to the bananas, along with sour cream and vanilla. Mix well.
5. Add melted butter and mix well.
6. Make a well in the centre of the flour mixture and pour the banana mixture in. Mix gently until the dry ingredients are incorporated with the wet and flour is no longer visible. Do not overmix.
7. Pour batter into greased loaf pan and put in oven. Bake for 50-60 minutes and do the toothpick test. If it appears to be over browning, cover with aluminium foil as it continues to bake.
8. Once finished baking transfer pan to a cooling rack for 10 minutes before removing bread. Allow to cool for a further 10 minutes before slicing.
9. Serve with cool with a hot or cool drink.