

Banana bread with nuts

Ingredients required for 8 persons

Preparation time 60 minutes

Difficulty easy

Ingredients

50 ml almond oil
1 egg
2 ripe bananas
85 g coconut flower sugar or
cane sugar
100 g wheat flour
20 g hemp seed flour
1 TL baking powder
40 g cashew nuts
1 Prise salt



Preparation

Preheat the oven to 180 °C top / bottom heat. Beat the egg in a large bowl with almond oil and sugar. Cut two thin slices lengthwise from a banana and put on the side. Mash the remaining bananas with a fork and add to the bowl. Fold in wheat flour, hemp seed flour, a pinch of salt and a teaspoon baking powder and work into a smooth dough. Roughly chop the nuts and add to the dough. Pour in a greased loaf pan, drape the banana slices on the dough and bake for 40 to 50 minutes. Test with a skewer if the dough is done. Allow to cool on a grid before cutting.

By the way

You can also use coconut oil instead of almond oil.

Tip: Serve as a dessert with vanilla ice cream and fresh fruits.