

Banana and Pumpkin Loaf

Serves: 8

Prep time: 30 minutes

Cook time: 50-60 minutes



1 serve per portion

Ingredients

2 overripe bananas, mashed

2 eggs, beaten

1/3 cup light olive oil

1 1/3 cups pumpkin, steamed, cooled, mashed

1/3 cup sweet potato, steamed, cooled, mashed

1/3 cup honey

2 cups plain flour

1 teaspoon baking powder

1 teaspoon bicarbonate soda

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/2 teaspoon ground ginger

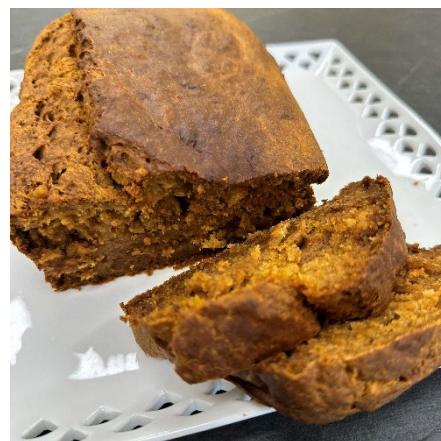
Method

PREHEAT oven to 180°C.

MIX all ingredients in a large bowl until combined.

POUR mixture into loaf tin lined with baking paper.

BAKE for 50-60 minutes or until a skewer comes out clean.



Discretionary Food

Recipe courtesy of the Country Kitchens team