

Banana, Date and Walnut Bread

Serves: 10

Prep time: 15 minutes

Cook time: 55-60 minutes



½ serve per portion

Ingredients

6 Medjool dates, diced

2 teaspoons baking soda

½ cup plant-based oil (e.g. canola, grapeseed, light olive oil)

¼ cup sugar

2 eggs

1 teaspoon vanilla extract

1 ½ cups plain flour

½ teaspoon salt

2 large ripe bananas, mashed

½ cup cottage cheese, reduced fat

½ cup walnuts, roughly chopped



Discretionary Food

Method

PREHEAT oven to 170°C and line a loaf tin with baking paper.

SOAK chopped dates in a cup of boiled water and one teaspoon of baking soda for at least 5 minutes. Rinse and drain then set aside.

ADD oil, sugar, eggs and vanilla extract to a large bowl and mix until combined.

MIX flour, remaining teaspoon of baking soda and salt together and then add to wet ingredients. Stir until combined.

FOLD dates, banana, cottage cheese and walnuts into mixture and pour into loaf tin.

BAKE for 55-60 minutes or until a skewer comes out clean.

Recipe courtesy of the Country Kitchens team