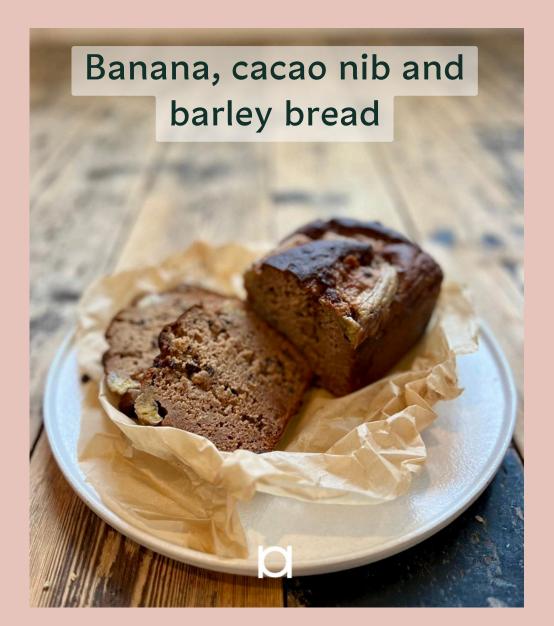


DIETITIAN · CHEF · FOOD STYLIST



## Banana, cacao nib and Barley bread

## **INGREDIENTS**

SERVES 8

100ml of olive oil or browned butter, melted 60ml of kefir
175g Medjool dates, stones removed
200g of very ripe, mashed banana
1 tbsp of vanilla extract
3 large eggs
75g barley flour
100g whole meal self-raising flour
½teaspoon ground cinnamon
2 tsp baking powder
50g cacao nibs
1 banana, sliced lengthways
2 tbsp of demerara sugar
1 tbsp of water

## **METHOD**

- 1. Preheat the oven to 180/ gas mark 4. Grease and line a 1lb loaf tin with parchment.
- 2. Place the oil, kefir, dates, mashed banana, vanilla extract, and eggs in a food processor or blender. Blitz till smooth
- 3. Add the flour, cinnamon, baking powder, and a pinch of salt to a bowl and mix well. Add the pureed banana mixture and fold together. Add the cacao nibs and fold in.
- 4. Spoon the mixture into the prepared loaf tin, and level it out. Top with the sliced banana. Place in the middle of the oven. Bake for 30 minutes, or until a skewer comes out clean. Combine the demerara sugar with water, pour over the top of the cake, and leave to cool in the tin for 5 minutes.

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5. Serve with Greek yoghurt and seasonal fresh fruit.