



CLARE GRAY

DIETITIAN · CHEF · FOOD STYLIST

**Banana, cacao nib and
barley bread**



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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.
5. Serve with Greek yoghurt and seasonal fresh fruit.