



CARROT & BANANA SPICED BREAD

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

DRY

- 150g flour (I use 75g oat, 75g spelt)
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate soda
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 3/4 teaspoon salt

WET

- 1 large carrot, grated (1/2 cup)
- 3 medium bananas, mashed
- 4 tablespoon honey /maple syrup
- 120ml milk of choice (I use almond)
- 2 teaspoon vanilla extract

Optional extras

- Chopped hazelnuts, walnuts
- Chopped dried apricots
- Shredded coconut

PREP TIME

Prep | 20min

Cooking 40min

METHOD

- Preheat oven to 180°C.
- Line a loaf tin with parchment paper. I used a loaf tin measuring 24cm x 14cm.
- Combine dry ingredients in a bowl. At this point you can add nuts & seeds if using.
- In a separate bowl, whisk all wet ingredients, including carrot and banana, and add chopped dried fruit if using.
- Pour wet into dry, and stir to form a batter.
- Pour and smooth into the prepared loaf tin.
- Bake for about 35-40 minutes.
- Turn off the heat and let the loaf sit in the closed oven for another 10 additional minutes.
- Check that a toothpick inserted into the center comes out mostly clean.
- Leave to cool. You can cover and refrigerate overnight or leave out. Great for a couple of days and delicious toasted. Can also be frozen.

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