



BANANA AND PECAN BREAD

Serves 8-10

- 4 ripe bananas
- 2 large eggs
- ¼ - ½ cup milk
- ½ cup oats
- 1 tsp vanilla extract
- 1 grated carrot
- ½ cup brown sugar
- 6 tablespoons of unsalted butter
- 1 cup flour of choice
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup pecans (or walnuts)

1. Preheat oven to 350F
2. Mash 4 bananas and place eggs, milk, oats, vanilla, carrot, brown sugar and butter in a blender and blend for 1-2 mins
3. In a separate bowl, sieve the flour, baking powder, baking soda and salt
4. Slowly add the dry ingredients to wet ingredients and stir
5. Add nuts
6. Pour mix into a 2lb loaf tin and place in oven for 45 mins, test with a toothpick after 45 mins. It is done if the tooth pick is clean