



BANANA AND PECAN BREAD

Serves 8-10

4 ripe bananas

2 large eggs

$\frac{1}{4}$ - $\frac{1}{2}$ cup milk

$\frac{1}{2}$ cup oats

1 tsp vanilla extract

1 grated carrot

$\frac{1}{2}$ cup brown sugar

6 tablespoons of unsalted butter

1 cup flour of choice

1 tsp baking powder

$\frac{1}{2}$ tsp baking soda

$\frac{1}{4}$ tsp salt

$\frac{1}{2}$ 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