

# Honey Banana Bread

This tasty recipe has been put together by Rebecca, our Healthy Habits Coordinator. For more great health and wellbeing tips from the Healthy Habits team, call us on 0191 280 8484 or email [Rebecca.Williams@ageuknorthtyneside.org.uk](mailto:Rebecca.Williams@ageuknorthtyneside.org.uk).

*This is a great recipe as it's so versatile, contains the health benefits of honey and bananas (and it's really easy!). I like to have it as a pudding with some berries and yoghurt or toasted in the morning with butter for breakfast.*

## Ingredients

- 250g self-raising flour
- 1 tsp. baking powder
- ½ tsp. bicarbonate of soda
- 300g mashed overripe bananas
- 3 tbsp. honey
- 3 eggs, beaten
- 150 ml Greek yoghurt
- Handful of chopped pecan nuts (or other nuts of your choice)



## Method

1. Preheat oven to 160°C, 140°F, gas mark 3.
2. Line a 2lb loaf tin with baking parchment.
3. Mix all the dry ingredients in a large bowl and all the wet ingredients, including the bananas, in a separate bowl.
4. Add the wet ingredients to the dry ingredients and stir together, before scraping into your loaf tin.
5. Bake for 1 hr 10 minutes or until a skewer comes out clean.

This makes a large loaf so I like to thickly slice and freeze half the loaf, to toast straight from the freezer.