

Banana and Date Loaf

Recipe by Anna Cash
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	1101 kj	13%
Energy (kcal)	263 kcal	13%
Fat	11g	16%
of which saturates	2.4g	12%
Carbohydrate	32g	12%
of which sugars	12g	13%
Fibre	3.1g	12%
Protein	6.3g	14%
Salt	0.65g	11%

Generated by Nutritics v5.61 on 6th May 2021

INGREDIENTS:

300g rolled oats or oatmeal (may contain **GLUTEN**)

1 teaspoon bicarbonate of soda

½ teaspoon salt

75ml extra virgin olive oil

2 **EGGS** (or 2 tablespoons milled flaxseed mixed with 4 tablespoons water to make a 'flegg')

200g banana flesh

1 teaspoon vanilla extract

100g pitted dates (soak in boiling water for 10 mins to soften, then drain well before adding to the food processor)

150ml **MILK** (or a plant based alternative)

METHOD:

1. Measure all the ingredients into a food processor mixing bowl and process at a medium speed until well combined, usually around 60 seconds.
2. Heat the oven to 180 degrees C. Pour the mixture into a lined loaf tin and pop into the oven for 1 hour.
3. Tip out onto a wire cooling rack.
4. Slice and serve! This cake is lovely with yoghurt and honey icing.

ALLERGENS



GLUTEN



EGGS



MILK

MODIFY

Choose gluten free oats if there is a gluten allergy.

Use an egg replacer or 2 'fleggs' instead of eggs.

Use any plant based milk to substitute cows milk.

CREDIT

Recipe by: Anna Cash
Photo by: Whitney Wright

