

VEGAN BANANA BREAD

BY MADDIE DOWDNEY

Ingredients

3 over ripe bananas (medium)
220g white flour
80g spelt flour
120g brown sugar
1tbsp baking powder
1/2 tsp bicarbonate of soda
120ml plant milk
80ml oil (sunflower, vegetable, rapeseed)
50ml agave (maple, brown syrup, date)
1 tsp apple cider vinegar
50ml water

Preparation

1. Preheat fan oven to 180°
2. Combine both types of flour, sugar, baking powder, bicarbonate of soda in a bowl mix well and make a well in the middle
3. Peel and mash the bananas to a pulp until they are quite liquefied then mix in the plant milk, oil, agave/syrup, apple cider vinegar and water .
4. Pour the wet ingredients into the well you created and mix well!
5. Grease a loaf tin with a bit of oil using kitchen paper and pour in the batter.
6. Sprinkle a little brown sugar on top to add the finishing touch and bake in the oven for 45 minutes .
7. Eat and repeat!

STAPLE RECIPE

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Ingredients

240g oats
60g sunflower seeds
50g almonds
50g cashews
60g walnuts
2tbsp coconut oil
10tbsp syrup (I use brown sugar)
Baking paper

Preparation

1. Preheat fan oven to 180°C
2. Line a baking tray with baking paper
3. I whizz up the nuts into smaller pieces but you can use them whole too.
4. Place all the dry ingredients into a bowl and mix together
5. Melt the coconut oil and syrup together over a medium heat let it bubble for a minute or two
6. Then pour over the dry ingredients whilst stirring to ensure all the oats and nuts get covered
7. Pour evenly onto a baking tray using the back of a spoon to spread them out
8. Place in the oven for 18 minutes
9. Leave them to cool and then break into pieces... I like mine in clusters! Enjoy