

Ciaan
Rooney's

MACADAMIA & BANANA BREAD

This recipe is quick and easy as you can just use one mixing bowl or a food processor. Using macadamia oil instead of butter keeps the bread moist and also makes this recipe dairy free.



COOKING TIME:
45 MINUTES

PREPARATION TIME:
6 MINUTES

SERVES:
6-8

INGREDIENTS:

- 3 ripe bananas, peeled
- 1 egg
- ½ cup sugar
- ½ teaspoon cinnamon
- ½ teaspoon baking soda
- ¾ cup macadamia nuts, roughly chopped
- ⅓ cup macadamia oil
- 1½ cups of plain flour

METHOD:

1. Preheat the oven to 175°C and line a loaf pan with baking paper.
2. In a food processor or mixing bowl combine bananas and macadamia oil, blend or stir to combine.
3. Add the egg and mix until combined, then add sugar, cinnamon, flour and baking soda.
4. Blend for several minutes until the mix is well combined. There may still be some small lumps of banana, which is fine.
5. Fold through half the chopped macadamia nuts.
6. Pour the batter into the prepared loaf tin then sprinkle remaining macadamias evenly across the top of the mixture.
7. Gently press them in with your hands.
8. Bake in the oven for 45-55 minutes, until a skewer inserted comes out clean.
9. Serve warm or at room temperature.
10. Store in an airtight container this bread will keep for several days.

