



## Angela's banana bread

## RECIPE

### INGREDIENTS

- 3 bananas (over ripe)
- 30 gr butter
- 3 eggs
- 220 gr ground almonds
- 30 gr ground linseed
- 1/2 tsp bicarbonate of soda
- Pinch of salt
- Tsp lemon juice
- Tsp cinnamon
- Optional: 1-2 tsp honey or maple syrup if bananas are not sweet enough for you or if you like sweet bread

### INSTRUCTIONS

- Preheat oven to 170C/340F
- Mix all ingredients together
- Place in a lined bread tin for baking
- Sprinkle freshly ground linseed on top
- Cook for 1 to 1 and 1/4 hours
- Cover with foil in the last 15-20 minutes if linseeds seem to be in peril

### SERVING/NOTES

- Slice and freeze individual slices to serve for breakfast or as an afternoon snack spread with butter, with a piece of cheese, or on its own

### Nutrition tip

Protein is often the missing component of breakfast, “too difficult to include”. This breakfast bread packed with almonds and eggs provides the balance you need to fuel your day. Plus bananas can be helpful in overcoming depression due to high levels of tryptophan, which the body converts to serotonin, the mood-elevating brain neurotransmitter.

NOTE: If you tend to constipation limit your intake of bananas to 1-2 times per week maximum.