

Cinnamon Banana Bread with Coconut Cream

60–70 Min

Preparation

1. Preheat the oven to 180°C (356°F) using the conventional oven setting. Melt the coconut oil in a small pan.
2. Peel the bananas and use a fork to crush them to a fine paste, then mix this with the melted coconut oil and the apple puree.
3. In a second bowl, mix combine the flour, sugar, baking powder and cinnamon, then slowly fold in the banana puree until a smooth dough forms.
4. Grease a loaf tin with coconut oil and pour in the mixture. Bake the banana bread in the oven for 55 minutes.
5. To make the coconut cream: Combine the coconut yogurt and the powdered sugar. Chill until ready to use.
6. Allow the cooked banana bread to cool and turn out onto a plate. Serve with the coconut cream.

Ingredients 6 Portions

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3 piece	Bananas, ripe
100 g	Coconut oil
100 g	Apple puree
80 g	Sugar
250 g	Wheat flour
10 g	Baking powder
0.5 tsp.	Organic Cinnamon, Ground

For the coconut cream

250 g	Coconut yogurt
2 tbsp.	Powdered sugar