



Choc Banana Brownie Bread

Makes 1 long shallow loaf (or equivalent deep brownie pan)

Ingredients:

- 3/4 cup dates (packed quite tightly)
- 1/2 cup boiling water (may need to add a few tablespoons extra at the end)
- 1/4 cup coconut oil (or any mild oil)
- 2 tbs chia or flax seed
- 4 ripe medium sized bananas (3 to be puréed and 1 chopped for the top)
- 2-3 tbs agave or maple syrup (as needed) to taste
- 2/3 cup cocoa
- 1 1/2 cup ground oats or wholemeal spelt flour
- 1 tsp baking powder
- 1 tsp bicarbonate of soda

Method:

Soak the dates in the 1/2 cup boiling water for a few minutes to help soften. Add the coconut oil and stir to melt in. Add three roughly chopped bananas, the chia/flax and blend together until very smooth. All the wet ingredients should now be mixed.

In a separate larger bowl mix together the flour, cocoa and baking powder. Add the puréed mixture and stir through until combined. Taste and add the syrup of your choice to taste. I only needed 2 tablespoons.

The mixture should now be a soft spoon-able batter. Add a few tablespoons extra water only if needed (I added a couple). Spoon the mix into a greased and lined cake tin/loaf tin of choice (or muffin cups work well too). Smooth the top as much as possible then press the chopped banana pieces on top to decorate.

Bake for approx. 35-40 minutes at 180C (this will depend on the depth on the cake pan and even less for muffins). I loosely covered the top with foil after 20 minutes once the bananas were browned to prevent burning. Check the cake with a fork or skewer to see that it comes away clean.

Other Options: Add pecans or walnuts to the mix for a 'chunky monkey' version. Replace the banana with blended courgette or sweet potato for a veggie packed cake- you'll also need to increase the amount of syrup or sweetener of choice used to approx 1/2 cup.