

Banana Bread

with Warm Apple Compote



The Loaf

- 2 very ripe bananas
- 3/4 cup chopped walnuts, hazelnuts or pecans
- 1/3 cup oil or 1/4 cup fruit puree
- 1 tsp baking powder
- 2 tbsp ground flaxseeds (mixed with 6tbsp water)
- 1/4 cup plant-based mylk
- 1/3 cup sugar alternative (date or agave syrup)
- 2 cups flour
- 1/4 tsp mixed spices like nutmeg, cinnamon, cardamom, ginger

The Compote

- 2 tbsp date syrup
- 1/2 tsp vanilla
- 1/2 cup water
- 2 Apples sliced

Instructions:

1. Preheat oven to 180 degrees. Lightly oil a loaf pan.
2. Peel and mash the bananas with a fork in a mixing bowl. Prepare the 'flax egg' and mix it in. Add all other ingredients, except the flour and combine well. Add the flour, but mix only until well combined.
3. Spoon the batter into the loaf pan, sprinkle some chopped nuts and/or sliced bananas on top. Bake for around 50 minutes. Leave to cool for at least 15 min before removing from the pan.
4. In the meantime, prepare the compote. In a saucepan combine all ingredients and bring to simmer whilst stirring continuously. Leave to cook for 10 minutes.

Tips:

- Tastes best served warm with the compote as a side.
- Add cinnamon to the compote for extra sweetness.
- Sprinkle everything with coconut flakes or cacao nibs for good-looks.
- Prepare some more apple compote to keep for the next days.

