

Breakfast

BANANA PECAN BREAD

This high-protein, grain-free bread makes a delicious breakfast option. You'll need a food processor or blender to grind the pecan nuts to form a flour-like consistency. The bread is best served warm or toasted, spread with a little coconut oil or nut butter.

INGREDIENTS (MAKES 8 SERVINGS)

300g/10½ oz/ 3 Cups pecan nuts

½ tsp Cream of tartar

½ tsp Baking soda

1 tsp Cinnamon

4 Free-range eggs

1 Large ripe banana

2 tbsp Light olive oil

1 tbsp Maple syrup

METHOD

Place the pecan nuts in a grinder or blender and process to form a fine meal. Place in a bowl with the other dry ingredients. Place the eggs, banana, oil and maple syrup in a blender and process until smooth.

Pour into the dry ingredients and mix thoroughly. Spoon into a lined loaf pan. Bake at 180C for 40–45 minutes until firm to touch. Allow to cool for 5 minutes before turning out.

