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Banana & Peanut Breakfast Loaf

This is a delicious breakfast loaf. Serve with dairy free butter or margarine, and spread thickly. It's great with a hot cup of Earl Grey tea. It's child friendly, and you'll really love it at that time of day when you feel like a carb boost. You can use other nuts, or even chopped dried fruit in it if you wish.

INGREDIENTS

150 ml (5¼ fl oz) soya milk

2 tsp apple cider vinegar

1 cup self-raising (self-rising) flour

1½ cups plain flour

4 Tbsp sunflower oil

4 Tbsp sugar

3 ripe bananas, mashed

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Share 2 tsp baking powder

tsp baking soda

½ cups roasted peanuts, chopped – of which ½ cup reserved for topping

tsp cinnamon powder

⅓ tsp ground cardamom

1 tsp vanilla extract





METHOD

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First preheat your oven to 355°F (180°C).

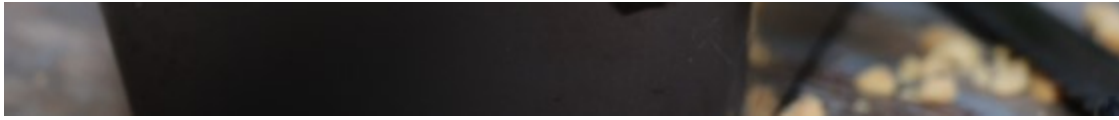
Then process the peanuts until broken up into small pieces – don't worry if some remain largeish – and place in a bowl. Meanwhile, place the dried ingredients in a separate bowl. Then the wet ingredients in another, except for the milk and vinegar – place these 2 ingredients together in a separate bowl, and allow to curdle for around 15 minutes.

Now mix the chopped nuts and dried ingredients together in a large bowl, and then make a well shape. Add the wet ingredients, including the milk and vinegar (ensuring first that it has curdled), and mix into a thick batter.

Next, prepare a suitable loaf tin – the internal measurements of mine were 9 x 4½ x 2½ inches – by lining it with greaseproof paper (parchment paper in the US). Then spoon your mixture into the tin, and place in your preheated oven until golden on top, or until a sharp knife comes out dry.

Allow to cool, remove from the tin, and place in an air-tight container.





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Vegan Fish in a Golden
Beer & Garlic Batter**



6 COMMENTS



Sarah Foley

March 28, 2016 at 8:31 pm

Hi Miriam! Roughly how long does this take to bake?

**Miriam***March 29, 2016 at 12:53 pm*

Hi Sarah, I would say between 25-35 minutes, depending on the efficiency of your oven, if it's fan assisted and so on. Your best bet is to check it once it has risen and gone golden with a toothpick, if it comes out clean it's done, if not leave in for a few more minutes.

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**Izzy***October 12, 2016 at 8:56 pm*

Hi Miriam,

I was wondering, with the roasted peanuts, are they salted or plain? Just wanted to check because the recipe doesn't have any salt in and I wasn't sure if it might come from the peanuts.

Thanks!

**Miriam***October 13, 2016 at 11:58 am*

Hi Izzy – you could use either salted or unsalted, both will work ! Hope you enjoy it !

**Izzy***October 16, 2016 at 8:12 pm*

I found some plain roasted ones and it worked really well. Great recipe, thanks!

**Miriam**



October 23, 2016 at 8:47 am

Great stuff Izzy ! 😊

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