

BANANA & WALNUT BREAD

2 – 3 hours in slow cooker

40-50 minutes in preheated oven

INGREDIENTS

1 ¾ cups Self raising flour

¼ cup plain flour

1tsp ground cinnamon

2/3 cup firmly packed brown sugar

2 over ripe banana's

2 eggs whisked

½ cup skim milk

50g lightly salted butter melted and cooled

1 cup of walnuts crushed

METHOD FOR SLOW COOKER

1. Line slow cooker with baking paper
2. Combine flours, crushed walnuts and cinnamon in a large bowl.
3. Stir in sugar and make a well
4. In a separate bowl mash banana's, then add the whisked eggs, butter and stir well.
5. Add the banana mixture into the well of the flour mixture and stir until combined.
6. Spoon mixture into the lined slow cooker
7. Put cossie on lid or use a tea towel
8. Depending on your slow cooker, cook on medium for 2 hours and raise too high for approx. an hour. Keep an eye out as this will vary from slow cooker to slow cooker.
9. Cook until skewer comes out clean
10. Turn off slow cooker and sit for 10 minutes then turn out onto a wire rack to cool.

METHOD OVEN

1. Preheat oven 180 degrees. Grease loaf pan
2. Follow above recipe then spoon into greased pan.
3. Bake for 45 -50 minutes or until a skewer comes out clean
4. Remove from the oven and set aside for 5 minutes
5. Turn onto a wire rack to cool completely.

SHOPPING LIST

Self raising flour

Plain flour

Ground cinnamon

Brown sugar

2 bananas

Eggs

Skim milk

Butter salt reduced

Walnuts

Slow cooker cossie if you don't have one and are cooking via slow cooker