

Spelt banana bread with tahini and honey - dairy free

Serves 10

Takes 1 hour 30 minutes



Ingredients

180g Pecans

300g lightly mashed banana flesh

275g soft light brown sugar

3 medium eggs, lightly beaten

140ml milk – I used full fat goat milk, but you can use soya, almond etc.

70ml sunflower oil

140g wholemeal spelt flour

140g refined (white) spelt flour

1 teaspoon bicarbonate of soda

2 teaspoons baking powder

½ teaspoon salt

To serve:

Butter or olive spread

Tahini

Runny honey

Salt

Directions

Heat the oven to Gas mark 3.5, 170°C or 150°C fan. Grease and line a 900g (2lb) loaf tin with baking paper.

Spread the pecans out on a baking sheet and put in the oven for 10 minutes. When they're done, take them out and roughly chop. In a bowl, sift together the flour, bicarbonate of soda and baking powder, then set aside. In a jug, combine the milk, oil and salt and also set aside.

In a large mixing bowl, combine the banana, sugar, egg and then mix with a handheld mixer. Slowly add the jug's liquid contents whilst continuing to mix, making sure all the ingredients are well combined. Then, add the flour mixture, continuing to blend on a medium speed for about 5 minutes. Finally, stir through the pecans before pouring the mixture into your prepared tin.

Place the tin in the oven and cook for 1 hour 10 minutes, check with a skewer and if not cooked, return to the oven for 10 minutes at a time. Mine took about 1 hour 30 minutes. When cooked, remove from the oven, leave in the tin for 10 minutes, then turn out onto a wire rack to cool.

Once cooled, slice the banana bread, spread the butter on one side and put it under the grill until lightly toasted. Spread with tahini, drizzle with honey and sprinkle with salt. Yum.