

# POWER NUTRIENT BANANA LOAF

**MAKES 10 SERVES**

SOURCE: [appletozucchini.com](http://appletozucchini.com)

Sports Dietitians Australia

 60 MINUTES

## Ingredients

### WET

3 ripe bananas

½ cup maple syrup or honey

2 tablespoons macadamia oil

1 teaspoon vanilla essence

### DRY

1 ½ cups wholegrain spelt flour

1 ½ teaspoons baking soda

¼ teaspoon salt

½ cup walnuts/macadamia/almonds chopped

¼ cup pepitas/sunflower seeds

100g 70% quality dark chocolate, roughly chopped  
(great choice is Whittaker's Dark Ghana)

¼ cup chia seeds

1 teaspoon cinnamon

## Method

1. Preheat oven to 180°C. Line bread loaf tin with baking paper or grease non-stick loaf pan
2. Mash bananas in a bowl and add the maple syrup/honey, vanilla and oil
3. In a large bowl combine all dry ingredients
4. Make a well in the centre of the dry ingredients and pour in the wet ingredients
5. Mix all ingredients well and pour into greased/lined tin
6. Bake in over for 40-45min until brown on top and cooked through
7. Allow to cool before slicing

NUTRIENT	PER SERVE
Energy	1328kJ
Protein	7.8g
Fat	16.6g
Carbohydrate	33g
Sugars	17g
Fibre	4.1g

### HOT TIPS

Banana loaf is versatile and can be eaten for breakfast or as a pre/post workout snack as it is packed with protein!



**The Footballers World**

MIND. FUEL. POWER.