

# Wholesome at Home

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## Homemade Banana Bread

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Here is a very basic and tasty recipe that takes all of 10 minutes to whisk together. An hour of waiting while your house fills with tempting aromas and then you'll be snacking on your very own slice of warm, fresh-baked banana bread.

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 1 loaf

 60 minutes

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### Ingredients

- 3 very ripe bananas
- 110g unsalted butter, soft
- 1 cup castor sugar
- ½ tsp vanilla essence
- 60ml milk
- 1 tsp bicarb soda
- 1 ½ cups plain flour (can use wholemeal)
- 2 eggs
- Optional: chocolate chips or chopped walnuts

### Method

1. Pre heat oven to 180°C.
  2. In the mixing bowl add butter and sugar, blend on high until it becomes pale in colour and fluffy.
  3. On a low speed add in bananas
  4. Add flour, eggs, bicarb soda and vanilla and stir to combine. If using chocolate chips or walnuts stir these into the mixture
  5. Line or spray a rectangular baking tin
  6. Add mixture to the tin and bake
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### Chef's Tips

- The riper the banana the better don't worry if the skin goes black its perfect for banana bread. Any bananas that become over ripe you can freeze for another time.
  - Don't over mix the batter.
  - Insert a skewer or toothpick in the middle to see if cooked, when you pull out and it comes out clean and no batter it's ready.
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