

Easy Recipes for Lunchboxes

(All nut free. Almond meal has been substituted with flour in these recipes)



Banana Bread

Ingredients

- 300g ripe banana, mashed
- 3 eggs
- 60g honey
- 1 teaspoon vanilla essence
- 60g olive oil
- ½ tsp ground cinnamon
- ½ baking soda
- 1 tablespoon lemon juice
- 2 cups plain flour
- 25g chia seeds (optional)

Directions

1. Preheat oven to 160°C
2. Combine mashed banana, honey, oil, cinnamon, vanilla essence, eggs, bi-carb and lemon in a large bowl
3. Add the flour and chia seeds and mix well
4. Lightly oil a loaf tin then coat liberally with desiccated coconut - this will prevent the cake from sticking.
5. Spoon batter into the tin and bake for 45 minutes to 1 hour (a skewer inserted into the centre should come out dry)
6. Remove from the oven and allow to cool before removing the loaf from the tin

Makes 12

TIP: keep in the fridge covered for up to 1 week.

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Government of
South Australia



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Waste