

# Easy Recipes for Lunchboxes

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

wipe out waste

## 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.*

