

The BBQ Baker, Out of the Ord – Banana Bread

Ingredients

- ⅓ cup coconut oil
- ½ cup chia honey*
- 2 eggs
- 1 cup mashed ripe bananas (I used three small bananas)
- ¼ cup milk
- 1 teaspoon bi-carb soda
- 1 teaspoon vanilla essence
- ½ teaspoon salt
- ½ teaspoon ground cinnamon, plus more to swirl on top
- 1¾ cups flour
- ½ cup chopped walnuts



Instructions

1. Preheat oven (or BBQ) to 165 degrees Celsius and grease a loaf tin.
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk.
3. Add the bi-carb soda, vanilla, salt and cinnamon, and whisk to blend.
4. Switch to a big spoon and stir in the flour, just until combined.
5. Finally, fold in the walnuts.
6. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon.
7. Bake for 55 to 60 minutes, or until a skewer inserted into the centre comes out clean.
8. Let the bread cool in the loaf pan for 10 minutes, then transfer it to a wire rack to cool for 20 minutes before slicing.
9. Serve warm with a generous lashing of Ballantyne Chia Butter** for a total Kimberley experience.

Recipe adapted from [Cookie and Kate](#).

Notes

*The ½ cup chia honey can be substituted for regular honey, maple syrup or brown sugar depending on your preference. Available at Kimberley Cafe, Kununurra.

**Available at Tuckerbox IGA, Kununurra.

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[BBQ Banana, Cinnamon & Chia Scrolls](#)

Recipe Online: <http://www.bbqbaker.com/blog/banana-bread>