

Megan's banana bread

Megan's tip: I make this on Sunday and wrap individual slices in plastic wrap and freeze. They are perfectly defrosted in time for morning tea!

Traffic light category: **Amber**

Serves: 12

Ingredients

- 1¼ cups self-raising flour
- ¼ cup wholemeal self-raising flour
- ½ cup brown sugar
- ¼ teaspoon salt
- 2 ripe bananas, chopped
- ¾-1 cup fresh blueberries (whole) or strawberries (chopped)
- 2 medium eggs, lightly beaten
- ½ cup canola oil
- 1 cup reduced fat yoghurt

Method

1. Preheat oven to 180 degrees Celsius
2. Sift flour, sugar and salt into a large bowl
3. Add chopped banana and strawberries/blueberries to flour mix, gently combine
4. In a jug add eggs, oil and yoghurt, use a whisk to combine
5. Make a well in the centre of the flour mix and add wet mix, gently combine
6. Grease and line a loaf tin with baking paper; pour batter into prepared tin
7. Bake for 50-55 minutes or until golden and a skewer inserted into centre of bread comes out clean
8. Stand in pan for 10 minutes. Transfer to a wire rack to cool completely before slicing.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	865.8kJ	939.3kJ
Protein	4.35g	5.1g
Total fat	10.8g	10.5g
Saturated fat	1.1g	1.2g
Carbohydrate	24.6g	26.7g
Sugars	10.6g	11.4g
Dietary fibre	1.5g	1.66g
Sodium	217.9mg	236.1mg



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☎ 9264 4999

✉ wasca@education.wa.edu.au [f /wascainc](#)

💻 waschoolcanteens.org.au [t /wascainc](#)