



✂ Dessert ⏱ 90 min ☆ 3/5

Vegan peanut and Chiquita banana bread

A quick and easy banana loaf that makes the perfect vegan option for any afternoon tea.

1

Preheat oven to 200°C/400°F/gas 6. Grease and line a 450g /1 lb loaf tin with baking parchment. Mash the Chiquita bananas with a fork. Mix with the oil and sugar. Add the flour, baking powder and cinnamon, and combine well. Add 50g of the peanuts and make sure they are evenly dispersed in the mixture.

2

Pour the batter into the loaf tin and sprinkle with the remaining 20g peanuts. Bake for 30 minutes cover with foil. Bake for another 40 minutes or until a skewer inserted comes out clean. Remove from the oven and allow to cool before slicing.

INGREDIENTS FOR 2 PERSONS

3 Chiquita banana
1/3 cup vegetable oil
1/2 cup light brown sugar
1 1/3 cups plain flour, plus extra for dusting
3 tsp baking powder
3 tsp cinnamon
1/4 cup chopped salted peanuts

NUTRITIONAL VALUES PER PERSON

334 kcal Calories
14.2g Fat
1.4g Saturates
48.7g Carbohydrate
18.8g Sugars
3.4g Fibre
5.6g Protein
0.3g Salt

TIP: Add some chocolate chips for an indulgent twist.