



Capilano Honey Banana Bread

EASY • 1 HR 15 MINS

Refined sugar, gluten and dairy free, Capilano honey banana bread is a better-for-you take on the classic. A hard-working baking staple, this freezer-friendly recipe is nourishing, comforting and versatile. Simply mix in your favorite nuts, seeds or chocolate chips.



SKILL LEVEL
Easy

PREP TIME
15 mins

COOKING TIME
60 mins

SERVINGS
8-10

Ingredients

- 1 2/3 cups (250g) gluten-free plain flour (or plain

Method

1. Preheat oven to 160°C (fan-forced). Grease and line base of a 13.5cm x 23.5cm loaf pan.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanoHoney on Instagram or Facebook and you could be featured on our page!



- flour)
- 2 tsp bicarb soda
 - 1 tsp cinnamon, ground
 - ¼ tsp salt
 - ½ cup (125ml) extra virgin olive oil
 - 180g (½ cup) **Capilano Organic Raw Honey**
 - 2 tsp vanilla extract
 - 2 large eggs
 - 3 large ripe bananas (400g), mashed
 - 2 tbsp coconut or natural yogurt
 - ½ cup walnuts or dairy-free choc chips (optional)
 - 1 ripe banana, sliced

Method

2. Place flour, bicarb soda, cinnamon and salt in a large bowl and mix to combine. Set aside.
3. In a large bowl, combine olive oil, honey, vanilla and yogurt, whisking to combine well. Add eggs and banana, mix until well combined.
4. Sift flour, bicarb soda and cinnamon into wet mixture and fold gently until just combined. Add optional nuts or choc chips, fold gently.
5. Pour mixture into prepared loaf tin and place lengthways sliced banana on top. Bake for 40 minutes, then cover with foil and bake for an additional 20-25 minutes or until an inserted skewer comes out clean. Cool in pan briefly then turn onto rack to cool.
6. Store in an airtight container for up to 5 days, or allow to cool and slice and freeze in portions for up to 3 months.

Used in this recipe



ORGANIC RAW HONEY

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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