



# Banana, Wattleseed & Cinnamon Myrtle Spice Loaf

Full of fibre and wholegrains, this delicious loaf is a great snack to help to fuel healthy a healthy gut microbiome. Using avocado instead of butter helps to provide us with a good dose of healthy fats. Avocados are cholesterol free, and about 50% of the fat in the gorgeous green fruit comes from monounsaturated fats (one of the good ones)—which makes this yummy loaf that much more amazing.

## Ingredients

- 2 cups whole meal self-raising flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3 large overripe bananas
- 1 ripe avocado
- 1/4 cup apple sauce
- 1/4 cup milk
- 1 1/2 teaspoon vanilla extract
- 2 large eggs
- 2 teaspoons dried cinnamon myrtle (alt cinnamon)
- 1 tablespoon ground wattleseed

Optional

- 1/2 cup of chopped walnuts or chopped macadamia

## Method

- Preheat oven to 180C
- Combine flour, baking powder, baking soda salt and spices in a medium bowl; stir with a whisk
- Place banana in a medium bowl; mash with a potato masher or fork. Place avocado in food processor; process (or stick blender) until completely pureed. Transfer avocado to bowl with banana. Add apple sauce, milk, vanilla and egg; stirring with a whisk until blended. Gradually add flour mixture to banana mixture; stirring until batter is smooth. Fold through nuts.
- Pour batter into a loaf pan coated with cooking spray. Bake at 180°C for 1 hour and 15 minutes or until a wooden pick inserted in center comes out clean. Cool 15 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

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