



Chocolate Banana Bread

INGREDIENTS:

- 1 cup all-purpose flour
- 1/2 cup unsweetened cocoa
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3 bananas (1 ½ cups mashed)
- 1/4 cup rice bran oil (or any neutral oil)
- 3/4 cup brown sugar
- 1 egg, room temperature
- 1 teaspoon vanilla bean essence
- 1 cup dark chocolate chips

METHOD:

1. Heat your oven to 180C fan forced.
2. Line a loaf pan with baking paper and set aside.
3. In a small bowl, whisk together the flour, cocoa powder, baking soda, and sea salt. Set aside.
4. Add the mashed bananas to a large bowl or stand mixer, whisk with the brown sugar and oil until well combined. Add in egg and then the vanilla. Mix until smooth.
5. Add the dry ingredients being careful not to over mix.
6. Stir in the chocolate chips with a spoon.
7. Pour batter into prepared pan. And bake for 50-60 minutes, or until a toothpick inserted into the centre of the bread comes out mostly clean. Oven temperatures vary so check at 50 minutes to be safe.

TIPS/SUBSTITUTIONS:

- For a gluten free option substitute plain flour for plain gluten free flour or rice flour.
- Loaf can be sliced and frozen for up to 3 months.
- Don't forget to apply a layer of baking paper in between slices prior to freezing to avoid them from freezing together.