

Egg-free Banana Blueberry Bread



We all love banana bread, but sometimes it can be tricky to find healthy or allergy friendly options! This recipe doesn't use any eggs or nuts, and also replaces sugar with honey, which has a lower GI value and therefore doesn't raise blood sugar levels as quickly.

Ingredients

125g butter, softened

1/2 cup applesauce

3 large bananas

150g quick oats

½ cup honey

150g plain flour

1 tsp vanilla extract

1 tsp baking soda

2 tsp baking powder

Pinch of salt

1 cup fresh or frozen blueberries

Method:

1. Preheat the oven to 180C.
2. Oil the loaf tin and line it with baking paper.
3. Blend the butter, oats, banana, honey and applesauce in a blender or food processor until smooth.
4. Add the dry ingredients and $\frac{2}{3}$ of the berries, mix until just combined.
5. Pour the batter into the tin and top with the remaining berries.
6. Bake for 20-25min until the skew comes out clean and golden.