

# Elhi's Spelt Banana Bread

The Ideal light brekkie or snack – this recipe (or a variation of it), came from a dear friend of mine whom I travelled and volunteered with in my early 20's....it really has stood the test of time, as I find myself often coming back to it. I hope you enjoy it as much as we do.....i like it hot, with butter 😊

1 egg

2 & ½ cups of Spelt Flour (I like to use Wholemeal)

2 tblsp Olive Oil

150mls of cold milk (I use coconut or almond milk – use your milk of choice)...often you need a little extra!

½ tsp salt

½ cup Sugar (optional)

2-4 Bananas – over-ripe & roughly chopped

2 tsp Bicarb Soda

Walnuts

Dates (chopped)

Love (lots)



In three separate bowls:            Mix the dry ingredients,  
   Mix the bananas, dates and walnuts.  
   Mix the egg, milk and Olive oil.

Combine the dry ingredients, and the egg/milk mix, then lastly add the banana mix to the bowl.

Grease a bread tin (or two?!). For me this only makes one loaf, Elhi's recipe says it makes two?! Go figure lol

Pour mixture in and bake for 40-45mins in 170 degree Celsius oven.

You can literally go nuts (or berries) with this – add whatever floats your boat!

This also freezes well as a quick grab/toast option on those rushed mornings.

Elhi's words: *“Be Warned....once you have one piece you can't stop.....Yumma Yumma”*



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