



Easy peasy apple banana bread



Zutaten:

3 Bananas, overripe
1 Apple, grated
225g Zwicky Kollath/oats
2 tsp. Baking powder
75g Xylit/sugar
225ml Plantbased milk
Dark chocolate
Cinnamon

Preheat the oven to 180°C.

Squish bananas with a fork. Add xylit, milk, grated apple and cinnamon. Grind the Kollath or the oats in a mixer and add baking powder. Mix this «flour» with the «banana thing». Additional I like to put some dark chocolate chips in the dough. Mix everything well together and put the batter in a cake tin. Bake the banana bread for approximately 50 min.

Hint: You can easily put the banana bread into the fridge for a few days. But I suggest you to eat it heated up (i use the microwave). For more deliciousness you can add: soy yogurt, fresh pear, nutbutter, dark chocolate, cocoa nibs, cinnamon, müsli und maple sirup.

