

5 WAYS WITH *Bananas*

5 EASY & CREATIVE RECIPES FOR USING THIS
INCREDIBLY NUTRITIOUS FRUIT



Smoothie bowl

1. Freeze 1 banana (peeled and sliced) for at least 2hrs/until solid
2. Blend with 1tsp cocoa powder + 1tbsp natural yoghurt/50ml milk
3. Pour into a bowl and top with chopped nuts, seeds, fruit, desiccated coconut etc.

Banana bread



1. Chop 2 bananas and add to a mixing bowl
2. Beat 2 eggs, then add to the bananas
3. Fold in 1 1/2 cups (150g) oat flour (blended oats) and 1tsp baking powder
4. Roughly chop some strawberries, then carefully mix into the batter to avoid mashing the berries up too much
5. Empty the mixture into a lined loaf tin, then top with sliced strawberries
6. Bake for 30mins until golden and firm

Cookies



1. Mash 2 ripe bananas to a smooth paste (you can leave some chunks if you prefer)
2. Stir in 1 cup (100g) oats, 1 tbsp cocoa powder, and a handful of chopped nuts
3. Shape into 8 balls, then press down to flatten
4. Top with a few more chopped nuts and bake for 10-12mins until firm

Ice cream



1. Freeze 1 banana (peeled and sliced) for at least 2hrs until solid
2. Blend the banana with 100ml of milk or 2-3 spoons of natural yoghurt until a smooth consistency is achieved
3. Add in vanilla extract, chopped nuts, berries, chocolate shavings etc.

Pancakes



1. Blend 1 ripe banana with 1 egg, 1/2 cup (50g) oats, 1/2 tsp baking powder and 1 scoop of protein powder (optional). You can add in 1 tsp cocoa powder to make chocolate versions!
2. Lightly grease a frying pan with cooking spray/olive/coconut oil, then fry portions of the batter for around 2mins on each side until all batter is used.
3. Serve up with fresh fruit, honey, peanut butter, yoghurt etc.