

Recipe No. 31/2013

# Granny Rita's Banana Loaf

Granny Rita is Denise Roos's Mom-in-law who was a superb cook. A comment about the bread was "AMAZING, nicest I've ever had!" and it takes all of 35 seconds mixing to get it into the oven.

Makes: 2 small loaves

Preparation time: 3 minutes

Cooking time: 50 minutes

## Ingredients

130g butter, unsalted  
330g very ripe bananas, approximately 4 small  
2 X-large eggs  
310g cake flour  
190g sugar  
7,5ml baking powder  
130g milk, or dairy free substitute  
5ml vanilla essence

## Method

- Preheat oven to 180°C
- Grease 2 small loaf tins, approx. 22 x 12cm
- Place butter, bananas and eggs into TM bowl. Mix **20 sec/speed 7**.
- Add remaining ingredients. Mix **15 sec/speed 6**.
- Divide mixture equally into loaf pans.
- Bake 50 minutes until cooked.
- Cool, slice and serve with lots of butter.


## Chef's tips

- Add 80g chopped pecan nuts at the end of mixing.
- For a complete dairy-free loaf, replace butter with dairy-free margarine and milk with soya or rice milk.

*Denise, one of our Benoni consultants is a blessed mom of an awesome son; an ADHD Coach & Speaker and self-confessed lazy cook! She needs to eliminate wheat and yeast from her diet, and both her and her son, William, are dairy intolerant. Cooking was a nightmare, until family in Perth introduced her to the Thermomix. Since getting her own TMX things have definitely hotted up in their house - watch out Jamie Oliver & Co!*



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