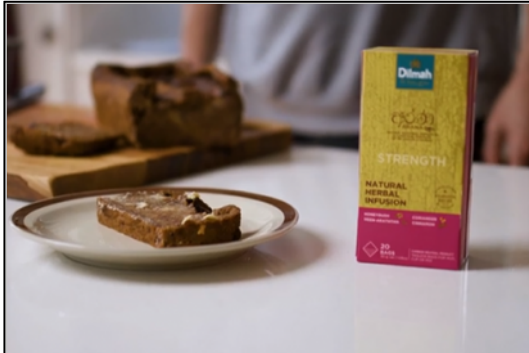


## Banana Bread



0 made it | 0 reviews



Simon Toohey

- Sub Category Name  
Food  
Sweets
- Recipe Source Name  
Tea infused
- Festivities Name  
Autumn  
Spring  
Summer  
Winter

### Used Teas



Strength Natural  
Herbal Infusion

### Ingredients

#### Banana Bread

- 1 ½ cups All purpose flour
- 1 ¼ tsp Bicarb – Soda
- ¾ tsp Salt



- 1 cup Dark brown sugar
- 1/4 cup Butter room temp
- 2 tbs Chia seeds
- 4 Over ripe bananas
- 2 Dilmah Strength tea bags

## Methods and Directions

### Banana Bread

- Pre heat oven to 180 degrees and line a loaf tin with baking paper.
- Sift the flour, bicarb and salt into a bowl.
- Break up 3 of the bananas and mash till soft.
- Fold through sugar, butter, chia, flour & bicarb to the banana mixture.
- Pour the mixture into the prepared tin with the final banana, sliced length ways on top.
- Finally sprinkle over the strength tea liberally and bake for 60 minutes and then let rest for another 60 minutes until slicing and serving with butter

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