

Gluten-free banana and coconut bread

0:45 Prep • 1:00 Cook • 12 Servings •
Capable cooks

★★★★★

INGREDIENTS

- 1 1/2 cups (200g) gluten-free plain flour
- 1 cup (80g) desiccated coconut
- 1/2 cup (110g) brown sugar
- 2 tsp gluten-free baking powder
- 1/2 teaspoon bicarbonate of soda
- 1 cup (200g) banana, mashed
- 2/3 cup (165ml) olive oil or virgin coconut oil
- 2 Coles Brand Australian Free Range Eggs, lightly whisked
- 2 tablepoons Coles Finest Pure Canadian Maple Syrup
- 10g butter
- 2 large just-ripe bananas, thickly sliced diagonally
- Coles Finest Pure Canadian Maple Syrup, extra, to serve

This **gluten-free** version uses less sugar for healthier banana bread that the whole family will love.

METHOD

Step 1 Preheat oven to 180C. Grease and line the base and 2 long sides of an 11cm x 20cm loaf pan.

Step 2

Combine flour, coconut, sugar, baking powder and bicarbonate of soda in a bowl.

Step 3 Whisk the mashed banana, oil, egg and maple syrup in a bowl. Add to the flour mixture and combine. Spoon into prepared pan and smooth surface. Bake for 1 hour or until a skewer inserted in the centre comes out clean. Set aside for 5 mins before turning onto a wire rack to cool.

Step 4 Cut the banana bread into slices and toast. Meanwhile, melt butter in a non-stick frying pan over high heat. Add the banana and cook for 1 min each side or until browned.

Step 5 Place the banana bread on serving plates. Top with the banana and drizzle with a little extra maple syrup.



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