Banana bread

מתכון מאת V-ZUG Ltd.



Preparation	15 Mins
Cooking time	1 Hrs
חיבור	1
התקן	Combair V2000 from 2021

Smells delicious and made in a jiffy: this banana bread turns (over-)ripe bananas into a tasty delight – for breakfast, as an in-between snack or with a cup of coffee.

Ingredients

3 bananas, very ripe

80 g unrefined sugar

½ tsp salt

2 eggs

75 ml sunflower oil

275 g plain flour

2 tsp baking powder

50 g dark chocolate, coarsely chopped

50 g walnut kernels, coarsely chopped

1 banana, halved lengthwise

Preparation

Preheat the cooking space to 160 °C using the hot air humid mode. Put the bananas in a food processor bowl and use the paddle attachment to mash them. Add the sugar and salt and mix until the mixture is smooth. Add the eggs, then pour in the sunflower oil in a slow, thin stream, continuing to mix. Combine the flour and baking powder, add to the banana mixture and mix to form a smooth mixture. Turn the mixture into the lined loaf tin and top with the banana halves. Put the loaf tin on a wire shelf in the preheated cooking space and bake for about 1 hour. Turn the banana bread out of the tin and allow to cool on a wire rack.

(Pre-)heat cooking space to 160 °C with Hot air humid

Put the pastry in

Hot air humid 160 °C for 1 Hrs

עצות

Add ground nuts to the mixture according to taste: add 100 g ground nuts and reduce the amount of flour to 250 g.

Cut the banana bread into slices, toast briefly and serve buttered.

אביזרים

25-cm loaf tin, lined with baking paper

Wire shelf

מידע נוסף

הופק ביום	04.08.2025