

Banana and Apricot Bread

Who?

This recipe is brought to you by Nikki Martin, personal trainer and nutritional advisor.

For more recipes visit www.nikkimartin.co.nz.



Ingredients

1 cup (135 g/4 1/2 oz) dried apricots, roughly chopped
1/2 cup (85 g/2 3/4 oz) sultanas
1 cup (250 ml/8 fl oz) unsweetened low-GI apple juice
2 1/4 cups (360 g/12 oz) stone-ground self-raising flour
1 teaspoon baking powder
1 teaspoon mixed spice
1/2 cup (70 g/2 1/4 oz) unprocessed oat bran
3 tablespoons brown sugar
2 eggs, lightly beaten
1 cup (250 ml/8 fl oz) buttermilk
2 tablespoons olive oil
1 cup (240 g/7 2/3 oz) mashed just-ripe banana

Method

Preheat oven to 180°C (350°F/Gas 4). Lightly grease and line a 10 cm x 20 cm (4 in x 8 in) loaf tin.

Put the apricots, sultanas and apple juice into a pan. Bring to the boil and cook for 10 minutes or until the fruit has absorbed all the liquid.

Sift the flour, baking powder and mixed spice into a bowl. Stir in the oat bran and sugar or sweetener.

Whisk together the eggs, buttermilk and oil and stir into the dry ingredients. Fold in the mashed banana and fruit mixture.

Spoon the mixture into the prepared tin. Bake for 50-60 minutes or until a skewer comes out clean when inserted into the centre. Set aside for 5 minutes before turning out on a wire rack to cool completely. Serve the bread plain or toasted with a low-fat spread.
