Chocolate, Banana and Seeded bread

I cannot recommend this recipe enough – It's so comforting. Especially on a cold day, eating it warm out of the oven when the chocolate is still a bit runny…….I don't think I need to sell this one to you. Just try it, you'll love it ☺

When buying chocolate for any recipe, go for the highest cocoa content you can find. Basically, with chocolate, whatever isn't cocoa is sugar. So a bar of 80% cocoa has approx. 20% sugar in it. I used a 92% cocoa chocolate bar for this recipe.

- ¼ cup milk of your choice (almond, coconut, soy…)
- 3 tbsp melted coconut oil
- 3 tbsp rice malt syrup (or honey, maple syrup, agave nectar)
- 1 tsp. pure vanilla extract
- 2 cups mashed ripe (the browner the better) bananas (approximately 4 medium bananas)
- 2 cups buckwheat flour
- 1 tsp. bicarb of soda
- 1 tsp. baking powder
- 1 cup mixed chopped nuts + seeds (keeping a few back to sprinkle over at the end)
- ¾ cup chopped dark chocolate (at least 80%)

Preheat oven to 180'c

Line a cake or loaf tin with baking paper - if using a silicone dish like I did there's no need to line it.

Put the milk, oil, syrup, vanilla, and bananas in a blender and blend until smooth.

In a large bowl combine dry ingredients. Add banana mixture and combine well. Fold in nuts and chocolate.

Pour into your cake tin, sprinkle with a few more nuts and bake until a skewer inserted in the centre comes out clean (time varies greatly according to which type of tin you will be using. Cooking in silicone tends to need longer in my experience) but check this after 30 mins. Mine took almost 45 in the silicone loaf dish.

Just writing this recipe makes me want to bake it again this weekend ☺