

## **Banana and Ginger Bread Mini Loaves**



These are going to make your kitchen smell like Christmas itself!! So, technically these aren't 100% 'sugar free'. I haven't added any sugar to them however I do use some stem ginger which does contain sugar! So just leave that out if you want to go completely sugar free.

I buy cardboard loaf cases. You can find them with the cake and muffin cases in supermarkets.

These could also be made as one large loaf in a tin but you'll need to lower the oven temperature and also cook for longer.

To make 8 mini loaves you'll need.

- 4 bananas – one good one and 3 that are starting to turn brown.
- 1 heaped tsp ground ginger
- 3 balls of stem ginger, diced really small
- 1 tsp cinnamon
- 1 cup spelt flour (or any flour will do)
- 1 tsp baking powder
- 1 tsp bicarbonate of soda
- 3 eggs
- 1 cup milk
- 2 tsp vanilla essence
- 2 tablespoons melted coconut oil, cooled slightly

Pre heat the oven to 180°C.

In one bowl combine the flour, bicarb, baking powder, cinnamon and ground ginger. Mix well.

In another bowl mash up the 3 brown bananas (this is where your sweetness will come from. The browner they are, the sweeter they'll taste) and whisk in the eggs, milk, cooled melted oil and vanilla.

Add the dry ingredients to the wet, a little at a time and keep stirring. Now mix in the stem ginger pieces.

Use a little coconut oil or butter on the inside of the loaf cases or tin you are using then pour the mixture in equally approx. 2/3'rds of the way up as these will rise quite a bit. Slice up the fresh banana thinly and lay 2 or 3 slices on top of each mini loaf.

Place in the oven and bake for 20-25mins.