

Wholemeal strawberry & banana loaf

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 10

- $\frac{3}{4}$ cup self raising flour
- $\frac{3}{4}$ cup wholemeal self raising flour
- $\frac{1}{2}$ cup rolled oats
- 1 tsp cinnamon
- 3 large bananas
- 2 eggs
- 2 tbsp vegetable oil
- 1 cup diced strawberries



Method:

1. Preheat oven on to 180°C.
2. Line a loaf tin with baking paper.
3. Combine flours, oats and cinnamon in a mixing bowl.
4. In a separate bowl, whisk mashed bananas, eggs, and oil.
5. Combine all ingredients being careful not to over mix the batter.
6. Pour mixture into loaf tin and press sliced strawberries into the batter.
7. Bake in oven for 30 minutes or until a skewer comes out clean.

Note:

- Swap strawberries for raspberries or blueberries. Frozen fruit can be used instead of fresh fruit.
- This loaf can be sliced and frozen in individual portions for lunchboxes.

Food Group	Serves provided per portion
Fruit	0.35
Lean meats and legumes	0.1
Grain foods	0.8