

FERMENTED BANANA BREAD

(adapted from Nigella Lawson)



It's incredibly important to maintain a healthy gut, improve the immunity of your lungs, and improve your overall health as each plays a critical role in your defence during this crisis.

By fermenting your bananas in this recipe, you're giving your gut health a treat. Wheat bran for a boost of fibre and omegas from the flaxseed oil. This recipe is full of flavour and incredibly delicious!

It's important that you weigh your ingredients instead of measure for best results.

Ingredients:

- 100 grams sultanas
- 75 ml dark rum
- 125 grams all-purpose flour
- 25 gram wheat bran
- 20g ground flaxseeds
- 2 teaspoons baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 75 grams unsalted butter, melted
- 25 gram melted coconut oil
- 25 grams Alligga Flaxseed oil
- 60 grams castor sugar
- 60 grams brown sugar
- 2 eggs, lightly beaten
- 300 grams fermented bananas
- 30 grams crushed pineapple
- 60 grams chopped walnuts
- 1 tsp vanilla extract

Directions:

1. 4 days before you want to make this banana bread, start fermenting the bananas.
2. Mash bananas in a large bowl, but not too finely, and leave at room temperature, covered with a cling wrap, for 48-72 hours. After that, put into the fridge and leave for another 32 hours before using.
3. Place sultanas and dark rum in a saucepan and bring to a boil. Cover and set aside while preparing other ingredients.
4. Lightly grease a loaf pan (9 x 5 x 3 inches).
5. Preheat oven to 338F.
6. Sift flour, baking powder, baking soda and salt in a large bowl. Stir in bran.

7. In a medium bowl, add melted butter, coconut oil and Alligga flaxseed oil with sugar and whisk until sugar is dissolved.
8. Add in eggs, fermented bananas, crushed pineapple and vanilla extract. Mix until combined.
9. Add in dry ingredients in a few batches. Stir until combined. Batter will be lumpy.
10. Fold in walnuts and sultanas.
11. Pour into loaf pan and top with roasted flaxseeds.
12. Bake for 1 to 1 1/4 hours until a skewer in the middle of the loaf comes out clean. (I baked mine for 1 hour 10 minutes)
13. If the loaf gets too dark during baking, you can cover with tinfoil.