



Banana and Chia Seed Cake

Ingredients:

- 2 cups Wholemeal SR Flour
- ½ Cup Cold Pressed Oil
- ½ cup honey
- 2 Large Ripe Bananas, mashed
- 3 tablespoons of milk
- 1 teaspoon Bi-Carb Soda
- ¼ teaspoon Vanilla Essence
- 2 Eggs
- ½ cup LSA
- ½ cup oat bran
- ½ cup wheat germ
- 2 tablespoons Chia Seeds
- ½ cup pureed squash or zucchini

Method:

Beat oil and honey until smooth then slowly add in eggs, mashed banana, milk, bi-carb soda, vanilla and pureed vegetables

Combine sifted flour in a separate bowl with LSA, oat bran, wheat germ and Chia seeds

Add these dry ingredients slowly with the wet ingredients and mix slowly until a nice smooth batter is formed

Place mixture in a rectangle loaf tin, lined with baking paper, and cook in a moderate oven for 45 minutes

Test with a skewer to make sure it's cooked through then allow to cool in the tin for around 15 minutes before turning onto a cooling rack

Alternatively you can make this mixture and pour into muffin tins, in this case cook for approximately 20-25 minutes (if using mini muffins cook for 12-15 minutes then check)