



# Banana Bread Loaf



Thanks to adult mito warrior James Burley-Jukes, who's very kindly provided this recipe for us from his book, Baking Blind. James is partially sighted due to LHON (a form of mito).

## INGREDIENTS

- 2 slightly brown bananas (although you can use yellow ones)
- 2 eggs
- 60g plain yoghurt
- 50g golden syrup
- 200g brown sugar (light or dark)
- 8g bicarbonate of soda
- 300g plain flour
- 60g oil (it should be flavourless)

Blind hack 1 –  
Talking scales are amazing.

Blind hack 2 –  
I purchase liners for the tin, you don't need to cut anything or use any butter because they fit perfectly.

1. Preheat your oven to 160C.
2. Line a 900g loaf tin with a paper liner.
3. Place the bananas in the bowl of a stand mixer and mix so you get a slurry; alternatively, in a bowl, just use a wooden spoon and beat vigorously.
4. Once the bananas are mixed add the eggs, yoghurt, syrup, sugar, bicarbonate and flour and mix until combined.
5. Finally add the oil.
6. Pour the mixture into the prepared tin.
7. Place into the oven and bake for one hour or until a skewer comes out clean.
8. Enjoy toasted or cool, it's entirely up to you.

Optional extra – after baking, decorate with a handful of dried banana chips, if desired.



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