

Snack/Treat

BANANA ZUCCHINI BREAD WITH HEALTHY CHOCOLATE ICING

INGREDIENTS

Banana Zucchini Bread

1 1/2 cups wholemeal
or plain flour
1/2 cup honey
1 teaspoon cinnamon
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 egg
1 cup mashed bananas
2 cups grated zucchini
1/2 cup light olive or coconut oil
1 teaspoon vanilla extract



OPTIONAL EXTRAS

FEEL FREE TO MIX IN EXTRA INGREDIENTS SUCH AS
1/2 CUP WALNUTS, CHOCOLATE CHIPS OR SULTANAS.

Healthy Chocolate Icing (optional)

1/2 cup almond butter,
chocolate hazelnut
spread or coconut oil
4 tablespoons honey
1/4 cup cocoa
4-5 teaspoons milk
of choice
1 teaspoon vanilla extract



SOUTH
MELBOURNE
MARKET
SINCE 1867

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METHOD

STEP 1: MAKE THE BATTER

- Preheat the oven to 180°C fan forced
- Line a loaf pan with a reusable silicone mat or baking paper
- In a large bowl, mash the bananas with a fork
- Add egg, oil, honey, vanilla extract cinnamon, baking powder, baking soda and salt and whisk until everything is well mixed
- Add flour and stir until combined
- Using your hands, squeeze excess water out of zucchini
- Add zucchini and stir gently until well mixed
- Transfer batter to loaf pan and bake for 50–60 minutes

STEP 2: MAKE THE HEALTHY CHOCOLATE ICING

This one's easy! Simply mix all ingredients together until smooth!

STEP 3: ASSEMBLE YOUR BANANA ZUCCHINI BREAD

Make sure your banana zucchini bread is completely cooled down. Spread chocolate icing over bread.

ENJOY!



GET A PARENT OR GUARDIAN TO HELP YOU WITH THE OVEN.

TIP 1: THE RIPER YOUR BANANAS, THE SWEETER YOUR BREAD.

TIP 2: TO CHECK IF YOUR BREAD IS COOKED, INSERT A LONG SKEWER INTO THE CENTRE. IF IT COMES OUT CLEAN, IT'S DONE!

TIP 3: IF USING COCONUT OIL FOR YOUR ICING, MAKE SURE YOU STORE YOUR BANANA ZUCCHINI BREAD IN THE FRIDGE.