

# Banana, sunflower and pistachio bread



## Ingredients

- 100 g (3 1/2 oz) softened butter
- 120 g (4 oz) muscovado sugar\*
- 2 lightly beaten eggs
- 500 g (1 lb, 2 oz) mashed ripe bananas
- 100 g (3 1/2 oz) roughly chopped pistachio nuts
- 60 g (2 1/4 oz) sunflower seeds
- 250 g (9 oz) self-raising flour
- 1 teaspoon bicarbonate of soda (baking soda)
- 1/2 teaspoon mixed spice
- honey and a dab of butter to serve

## Method

- 1] Grease and line the base of a 23 cm (9 inch) loaf tin. Preheat oven to 180°C (350°F)
- 2] Beat the butter and sugar until light and creamy. Gradually add the eggs one at a time, beating well after each addition. Stir in the nuts, seeds and mashed bananas
- 3] Sift flour, bicarbonate of soda (baking soda) and mixed spice together. Fold into the banana mixture
- 4] Spoon into the tin and bake for 1 hour. Test with a skewer, inserting into the middle of loaf until it comes out clean
- 5] Cool for 15 minutes and then turn out onto a wire rack to cool completely
- 6] Serve with butter and drizzled honey
- 7] Devour with a latte and good company

\* Muscovado sugar is also sometimes labeled as Barbados or moist sugar