



# BANANA BERRY BREAKFAST LOAF W/ GRANOLA TOPPING

*We recently teamed up with Melbourne based Health Coach & Food blogger Tristen Van Der Kley from **Balanced Body Nutrition**. Tristen is a huge supporter of wholefoods and has shared with us one of her favourite breakfast recipes for summer. Enjoy! – AW*

I'm a little in love with this recipe. It's kind of a banana bread with a wal-nutty, turmeric, berry twist. It tastes a little like a warming bowl of granola oats, it's soft, moist and mildly sweet. And the best part – it's packed with nourishing anti-inflammatory, nutrient dense super foods. Eat on its own, or top with yogurt and fruit or butter and avocado. Make it this weekend and enjoy a sleep in, rest & relaxation – –

**Tristen**

**Serving Size : Makes 1 loaf**

## **Ingredients (Dry):**

100g/1 cup walnuts  
85 g /1 cup rolled oats  
90 g / 2/3 cup buckwheat flour + 2 tbsp arrowroot powder (or potato starch)  
1 1/2 tsp baking powder  
1/2 tsp baking soda  
1 tbsp turmeric (use a little less if you are not used to the flavor)  
1 tsp ground cinnamon  
½ tsp sea salt  
a pinch black pepper

## **Ingredients (Wet):**

160 ml / 2/3 cup natural greek yogurt  
80 ml / 1/3 cup extra virgin olive oil or butter  
2 very ripe bananas, mashed  
4 tbsp 100% pure maple syrup or Manuka honey  
3 large organic eggs (or for vegan use 3 tbsp chia seeds mixed with 9 tbsp water)

A large handful blueberries, frozen or fresh

### **Granola topping**

1/3 cup rolled oats

2 tbsp olive oil or coconut oil, melted

1 tbsp Manuka honey

### **Method:**

Preheat the oven to 200°C. Line a loaf tin (I find silicone the best) with baking paper or grease with oil or butter.

Add walnuts and rolled oats to a food processor or blender (or mortle) and pulse into a coarse flour.

Transfer to a large mixing bowl together with the rest of the dry ingredients.

Add yogurt, oil/butter, bananas and maple syrup to the food processor or blender and mix until smooth.

Transfer to the mixing bowl with the dry ingredients.

Crack the eggs in a separate bowl and beat them for about a minute before adding them to the mix.

Use a spatula to carefully fold everything until combined. Pour the batter into the loaf tin, scatter a bunch of blueberries over the top and gently push them down slightly into the mix.

Mix together the granola crumble in a small bowl and add it to the top.

Bake for about 35 minutes until golden. Best enjoyed still warm from the oven.

### **Refined Sugar Free**

**To see more from Tristen visit her [Website](#) and [Nutrition Blog](#) here**