Glimpse into nut & seed, banana power bread

Last night, as I lay wide awake with my usual night time companion, insomnia, I brainstormed ideas to make a cake/bread which contained healthy ingredients. I wanted to create something that I didn't need to feel guilty about eating, but tasted good, and would give me a hit of nutrition, energy and keep me feeling full, which is important to everyone, especially those with chronic fatigue issues. This morning, I woke with enough energy to hit the kitchen and experiment. A friend who doubted the flavour potential has taste tested, and he has given the tick of approval!

I think it would be nice toasted, with some dairy free butter or nut butter for breakfast or a snack.



Cacao (pronounced ka-kow) beans come from the seeds of an Amazonian fruiting tree. It is awesome to add in when baking. As the cacao powder is considered raw, all the heat-sensitive vitamins, minerals, and antioxidants remain intact, which maximises digestion and absorption. It is stated that raw cacao powder has over 360% more antioxidants than regular cocoa.
The Mexican Mayan kings drank up to 30 pure chocolate drinks a day to maintain their vigour. The bean was so valued that it was used as money. Raw cacao products are a source of beta-carotene, amino acids (protein), Omega-3 EFA's, calcium, zinc, iron, copper, sulphur, potassium, and are one of the best food

sources of muscle relaxing, stress relieving magnesium.
So be like a Mayan king (or queen!) and enjoy this amazing (and delicious) product, guilt free!

Nut & seed, banana power bread.

Ingredients:

2 flax eggs (2 tablespoons of flaxseed meal soaked in 6 tablespoons of water for 15 minutes)
2 1/2 tablespoons chia seeds
1 teaspoon cinnamon or nutmeg
1/4 teaspoon salt
2 teaspoons baking soda
3/4 cup gluten free plain flour
1 1/2 cups quinoa flakes
2 1/2 tablespoons **cacao powder**
3 tablespoons shredded coconut



1/3 cup nut butter (I used ABC butter – almond, brazil & cashew)
2 tablespoons coconut oil, melted
2/3 cup rice milk (or your choice of milk)
2 tablespoons rice syrup
1 large banana, mashed

Directions:

1. Preheat oven to 180 degrees Celsius.
2. Combine the dry ingredients in a medium bowl, and mix well.
3. Place the wet ingredients into a large bowl, and stir til well combined.
4. Stir the dry ingredients into the wet, and mix well.
3. Pour mixture into a loaf baking tin, lined with baking paper.
4. Cook in the oven for 30-35 mins, or til a skewer comes out dry.



Serve as is, or toasted with your choice of toppings, such as dairy free butter, nut butter, rice syrup, or smashed strawberries or banana.



