



Together to stop bowel cancer

Livia's Kitchen Banana Mocha Bread

Ingredients

600g ripe bananas
100g oats
225g ground almonds
150ml maple syrup
15g raw cacao

Ingredients for the mocha middle:

10 Medjool dates
90g cashew butter
1tsp vanilla powder
4tsp instant coffee
10g raw cacao
Pinch of sea salt

Ingredients for the crumble topping:

100g oats
40g coconut sugar
30g coconut oil
40g oat flour
50g banana
1.5tsp vanilla powder
Pinch of sea salt

Extra:

2tbsp. Peanut Butter to spread on the top

Method

Preheat the oven to 180 degrees and grease a loaf tin with coconut oil.

Put the bananas in a bowl and mash with a fork until they are smooth. Add the oats, ground almonds, maple syrup and raw cacao and stir continuously until it has fully combined.

Put half of the mixture into the loaf tin and set aside whilst you make the mocha middle.

To start, pit the dates and place them in the food processor. Blend these until you have a date paste.

Add the cashew butter, vanilla, raw cacao, coffee and sea salt to the food processor. Blend until the ingredients are combined in a smooth paste.

Roll the mocha mixture into a cylinder shape and place this in the centre of the loaf tin.

Pour the other half of the banana bread mixture on top. This should cover the mocha middle.

Place this into the oven and bake for 45 minutes.

Whilst the banana bread bakes, assemble the crumble topping. In a bowl mix the oats, coconut sugar, coconut oil, oat flour, banana, vanilla and sea salt. This should combine into a rough oat-y texture with some crumble boulders.

Put some greaseproof paper on a tray and pour on the crumble topping. Place it in the oven to bake for 30 minutes, until it is golden and crunchy.

Once both, the banana bread and oat-y crumble are out of the oven, place these on a cooling rack for 15 minutes.

To finish, spread the peanut butter on top of the loaf and sprinkle on the oat-y crumble. Take a big slice and enjoy!