



# Chocolate & banana bread squares

Serves 8

Cocoa powder is full of polyphenols that are anti-inflammatory and great for the bacteria that live in the gut, however the majority of cocoa powders go through a process called “Dutch Processed” that takes out some of the bitterness but also removes these beneficial compounds. When buying cocoa powder, look for one that is unprocessed and revel in the fact it’s doing you good! In combination with these polyphenols, this recipe also contains 15% of your fibre recommendations for a day in just one square.

## Ingredients

- 3 bananas
- 2 eggs
- 1 teaspoon vanilla extract
- $\frac{3}{4}$  cup plain flour
- $\frac{1}{3}$  cup desiccated coconut
- $\frac{1}{2}$  cup unprocessed cocoa powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt
  
- optional to garnish
- melted chocolate
- pistachios

## Method

Preheat the oven to 180C and grease and line a 30cm x 20cm tin

Mix together the dry ingredients including the coconut in a bowl and set aside.

Add the bananas, vanilla extract and eggs to a blender and blend until smooth. Then add this mixture to the dry ingredients, a little at a time, stirring well as you go until you have a smooth mixture.

Tip the mixture into the tin and cook for 20mins. Insert a skewer into the centre and if it comes out clean, it’s ready. If not, pop it back in the oven for a few more minutes and check again.

Drizzle with melted chocolate and crushed pistachios if using.

Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	158
% Daily Value*	
Total Fat 6.6g	8%
Saturated Fat 4.9g	24%
Cholesterol 41mg	14%
Sodium 173mg	8%
Total Carbohydrate 24g	9%
Dietary Fiber 4.2g	15%
Total Sugars 6.2g	
Protein 4.5g	