



Banana bread

Easy-to-cook recipe for people with Myasthenia Gravis

PREP TIME: 30 MIN COOK TIME: 60 MIN YIELDS: 2 LOAVES

Ingredients

- ☐ 170 g butter or margarine, at room temperature
- ☐ 300 g caster sugar
- ☐ 2 eggs
- ☐ 3 bananas, mashed (can use overripe bananas from the freezer)
- ☐ 5 g vanilla extract
- ☐ 250 g plain flour, sifted
- ☐ A pinch of salt
- ☐ 180ml soured cream
- ☐ 190g chopped pecans (optional)

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.

Directions

1. Preheat oven to 180°C.
2. Butter and flour two 21.5 cm by 11.5 cm loaf tins.
3. In a stand mixer, cream sugar and butter together on medium speed for 10 minutes, or until light and fluffy.
4. Add the eggs, mixing them in fully.
5. Mix the vanilla into the mashed banana.
6. In a separate bowl, sift the dry ingredients together.
7. Add half of the dry ingredients, then the sour cream, then the remaining dry ingredients, mixing well between each addition.
8. Optional: Remove the bowl from the mixer and fold in the chopped pecans.
9. Divide the batter into the prepared loaf tins. Place the loaf tins on a baking tray to make it easier to transfer them in and out of the oven. Bake for 60-75 min, or until an inserted toothpick comes out clean and the loaves are golden brown.
10. Allow the bread to cool completely before slicing. As a serving suggestion, it's great with whipped butter or cream cheese.

