

Vegan Banana Bread

Ingredients

100ml hot strong black tea
100g Pitted Dates
100g Sultanas
150ml Malt Extract
50g Soft Dark Brown Sugar
250g Plain Flour
2tsp Baking Powder
2 ripe bananas, mashed



How to make

1. Heat oven to 160c/140c fan
2. Line 2lb loaf tin with baking paper
3. Brew the tea and drop in the dates and sultanas while the tea is still hot
4. Gently warm the malt extract and sugar in a pan, stirring until the sugar has dissolved. Leave to cool until just warm.
5. Put the flour, baking powder and a pinch of salt into a bowl then mix in all the wet ingredients and bananas. Gently mix to batter consistency
6. Tip batter into the loaf tin and bake for 1hr. When cooked brush the top of the cake with a little more malt extract then wrap in baking parchment and foil. Store for 2-3 days to develop the stickiness then you are ready to go.