

Banana Bread Loaf



1.9:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 25-30 minutes
- **Recipe makes** 1 small loaf or 12 slices

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
	Per 1 loaf (12 slices)	Per 1 slice	
Fat	95.2g	75.8g LCT	6.3g LCT
		19.4g MCT	1.6g MCT
Protein	30.2g	2.5g	
Carbohydrate	21.9g	1.8g	
Energy (kcal)	1065	89	



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Ground almond e.g. Holland & Barrett Almond Flour Flurry	90g	
MCTprocal	32g	
Psyllium husk powder e.g. Sat-Isabgol	15g	
Butter	30g	
Baking powder	6g	
Mashed Banana	25g	
Egg white	60g	
Water, boiling	60g	
Vanilla extract	2g	

Method:

1. Preheat oven to 180°C/fan 160°C/gas mark 6.
2. Rub together almond flour, MCTprocal, psyllium husk, baking powder, butter and mashed Banana till thick dough is formed.
3. Combine egg white into the dough.
4. Pour in the boiling water and mix until a thick mixture is formed.
5. Line the base of a 16.5cm tin with baking parchment, add in thick mixture.
6. Bake in the oven for 25-30 minutes until golden brown.
7. Remove from the oven, turn the loaf out of the tin onto a cooling wire tray. Allow to cool before slicing.



Always check with your dietitian what is suitable for you

- Serve with peanut butter/sugar free jam/cheese



MCTprocal is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.