



PB + J Banana Bread Toasts

Banana Bread:

4 ripe bananas
1 1/2c oat or buckwheat flour 1/2c coconut oil
1 tsp vanilla
1 tsp cinnamon
1 tsp ginger
1 tsp apple cider vinegar
1 tsp baking soda

Method:

Preheat oven to 180 degrees Celsius.

Place all ingredients in a blender and blend together until well incorporated.
Pour mixture evenly into a lined loaf tin.
Cook for ~45mins. Leave to cool for 15mins.
Store in an airtight container.

Raspberry Jam:

1 1/2c raspberries, fresh or defrosted 3 Tbsp chia seeds
1 Tbsp maple (optional)
1 Tbsp lemon juice

Method:

Blend together raspberries, maple + lemon juice until smooth. Then stir through the chia seeds, ensuring there is none stuck at the bottom. Allow to sit for at least 20mins for the chia seeds to form a gel like consistency.
Store in the fridge.