



## Banana Bread

Provided by Kerri Pottharst  
Gold medallist – Beach Volleyball, Sydney 2000 Olympic Games



Serves 8

### Ingredients

100g unsalted butter  
1/2 cup firmly packed (100g) brown sugar  
1 egg  
4-5 bananas (450g total), mashed  
3 tbs (1/4 cup) natural yoghurt  
1 tsp vanilla extract  
1 2/3 cups (250g) plain flour  
1 tbs baking powder  
1/2 tsp ground cinnamon  
1/2 cup walnuts, toasted (optional)

### Method

1. Preheat oven to 170°C (not fan-forced) and grease a 900ml loaf pan.
2. Beat butter and sugar in a bowl using electric beaters until thick and fluffy.
3. Add egg and beat until well combined.
4. Add banana, yoghurt and vanilla extract and stir.
5. Sift together flour, baking powder and cinnamon and fold through batter.
6. Stir in walnuts if using. Pour into pan and bake for 1 hour or until a skewer inserted in centre comes out clean.
7. Cool in pan for 10 minutes, then turn onto a rack to cool completely.
8. Serve buttered, if desired.