

Food for Health with CNM:



Banana, Blueberry and Almond Loaf

This light and delicious occasional sweet treat combines fruit and nuts to provide a healthy boost of anti-oxidants, protein and essential fats.

Ingredients

- 3 ripe bananas, mashed
- 3 eggs
- 3 tbsp brown rice malt syrup or maple syrup
- 1/2 tsp vanilla extract
- 180g almond flour
- 150g blueberries
- 3 tbsp coconut oil, melted.

CNM recommends the use of organic ingredients.

To make

- Preheat the oven to 180 degrees.
- Line a loaf tin with parchment paper.
- Add the eggs to the mashed banana, slowly adding all the other ingredients except the blueberries.
- When the mixture is combined, slowly fold in the blueberries.
- Bake in the oven for 50-60 mins.



Recipe by CNM Natural Chef Graduate Christele Tai.

Find out about training with CNM Edinburgh for a career in Naturopathic Nutritional Therapy, by attending one of CNM's free-to-attend Open Events. Next dates in Edinburgh: 6th October, 1st November. For details visit www.naturopathy-uk.com or call 01342 410 505.