

THE ULTIMATELY COOLEST WAY TO RAISE YOUR KIDS IN THE NEW ERA

# GEEK PARENTING

Issue #40 April 2016

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# DELICIOUSLY SIMPLE BANANA BREAD RECIPE

BY SARA  
JACKSON

I have been gaining a few international friends and fans thanks to my healthy banana bread recipe, so here's hoping I will gain a few more if I can entice some of you lovely readers into trying it out. Great on it's own as a sustaining breakfast-on-the-go, or with a slather of almond butter. It's a perfect comfort food for everyone. I find it's a great lunch box snack that will keep little ones happy, energised and full!

This banana bread is easy to make, incredibly delicious and super healthy. Best thing is that all of the hard work is done by your blender! I use my trusted Vitamix which I simply couldn't survive a day without, but you can use any high powered blender.

This recipe is gluten and refined sugar free and bursting with goodness... jam packed full of health enhancing plant protein, potassium, magnesium, fibre, protein, vitamins and minerals from the bananas, nuts, dates and seeds. The chia seeds give us the added bonus of more omega-3 fatty acids and calcium.

I made this once for a school bake sale, and with no exaggeration, I was immediately asked to contribute the recipe to a cook book, and was begged to bake it every week for a health-aware Mum. Everyone seems to love it.

I can make it in 8 minutes - can you better my time?! The challenge is on....





## INGREDIENTS

- 4 ripe bananas
- 9 medjool dates, seeds removed
- 1 tablespoon 'real' maple syrup (optional depending on your sweet tooth)
- 3 tablespoons of nuts/seeds of your choice (I like to use 1 tbspn pumpkin seeds, 1 tbspn sunflower seeds and 1 tbspn pecan nuts but almonds work well)
- 1-2 tablespoons chia seeds
- 2 tablespoon of coconut oil (melted)
- Juice of 1/2 a lemon (optional, but it brings out the natural sweetness of the bananas)
- 2 teaspoons cinnamon
- 1/2 cup (65 grams) buckwheat flour, sifted
- 1 teaspoon bicarbonate of soda
- 5 eggs (i personally like extra protein, so I use lots of eggs, but it still works fine with 3 or 4 eggs if you prefer less egg action)
- Pinch of rock salt



## METHOD

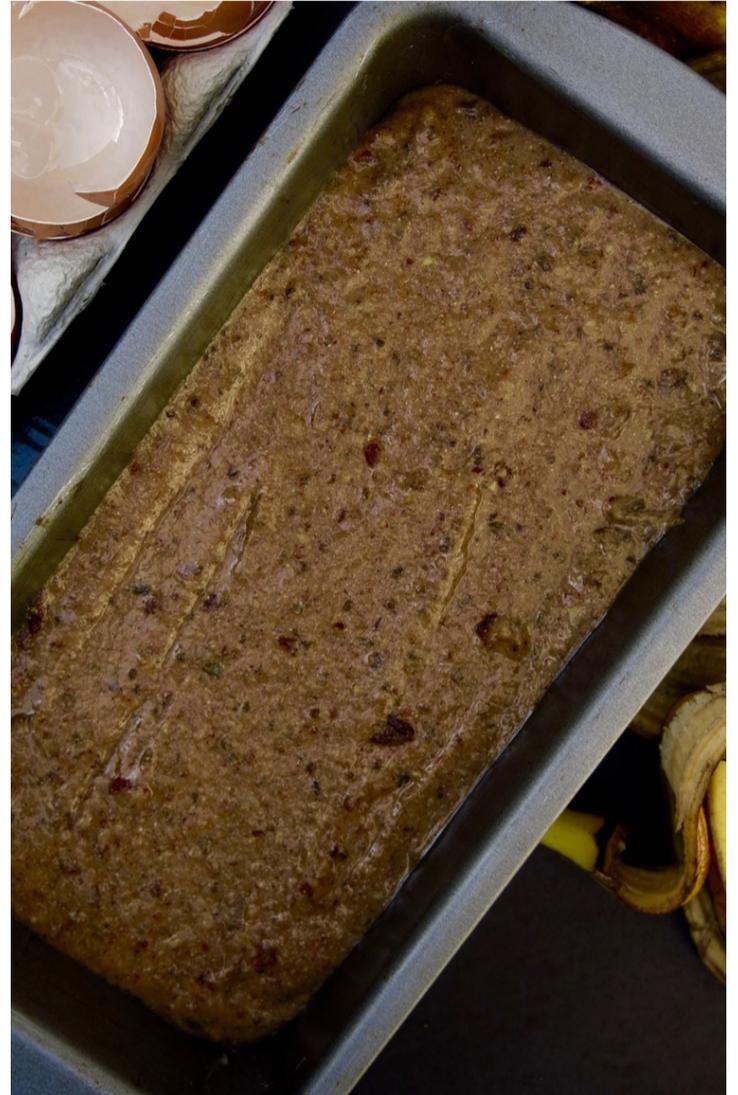
Preheat your oven (fan) to 180 degrees celsius or 350 degrees fahrenheit. Grease and line your loaf tin with coconut oil or butter.

Blend the bananas, dates, nuts, seeds, lemon juice, maple syrup (if using) and coconut oil together until smooth. Scrape down the sides of your blender. Then add the remaining dry ingredients to your blender - flour, bicarb of soda, salt and cinnamon - then slowly add the whisked eggs and mix until well combined. Scrape down the sides of the blender and whizz for another minute or two.



Pour mixture into the prepared tin.

Bake for 30-35 minutes in the middle of your oven, or until an inserted skewer comes out cleanly. Let it cool then dig in!





“I always love to hear your thoughts, what you want to learn more about or need help with in your own families, so please do get in touch and have a look at my website and follow me on instagram (sjhealth.co.uk) for more top tips and healthy recipe ideas! ”



#### About the author

Sara Jackson hails from Sydney, Australia but now lives and runs a busy clinic in London. She is a registered nutritional therapist and naturopath, consultant, home cook and a busy mum of two. She's here to help you and your family become a whole lot happier and healthier. Sara can be contacted on :

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