Banana Bread

Ingredients

* 140g wholemeal flour
* 100g self-raising flour
* 1 tsp [bicarbonate of soda](http://www.bbcgoodfood.com/glossary/bicarbonate-soda)
* 1 tsp [baking powder](http://www.bbcgoodfood.com/glossary/baking-powder)
* 300g mashed [banana](http://www.bbcgoodfood.com/glossary/banana) from overripe black bananas
* 4 tbsp [agave syrup](http://www.bbcgoodfood.com/glossary/agave-syrup)
* 3 large [egg](http://www.bbcgoodfood.com/glossary/egg) beaten with a fork
* 150ml pot low-fat natural yogurt
* 25g chopped pecan or walnuts (optional)

## Method

1. Heat oven to 160C/140C fan/gas 3. Grease and line a 2lb loaf tin with baking parchment (allow it to come 2cm above top of tin). Mix the flours, bicarb, baking powder and a pinch of salt in a large bowl.
2. Mix the bananas, syrup, eggs and yogurt. Quickly stir into dry ingredients, then gently scrape into the tin and scatter with nuts, if using. Bake for 1 hr 10 mins-1 hr 15 mins or until a skewer comes out clean.
3. Cool in tin on a wire rack. Eat warm or at room temperature.