

Delicious banana loaf staple with Bio.Me™ Prebio PHGG & Bio.Me™ Prebio GOS

Bio.Me™ Prebio PHGG
Low FODMAP, water soluble fibre to support microbial diversity

Bio.Me™ Prebio GOS
A soluble prebiotic fibre targeted towards increasing Bifidobacterium and lactobacilli, and thus, the overall composition of the gut microbiome.

Ingredients

Makes 1 loaf

3	Medium very ripe bananas
1/3 cup (76g)	Soft Butter
a pinch	Mineral Salt
3/4 cup (150g)	Brown Sugar
2	Large Eggs
1 tsp	Vanilla extract
1 1/4 cups (205g)	Doves gluten-free self-raising flour
3 tbsp	Bio.Me™ Prebio PHGG
1 tbsp	Bio.Me™ Prebio GOS
1/4 Cup	Crushed walnuts

Method

1. **Preheat** oven to 180°C
 2. **Blend** the sugar and butter until creamed
 3. **Peel & break** the bananas into small pieces into the bowl, add the eggs, vanilla, salt and mix until lightly combined.
 4. **Fold** in the flour, and the heat stable prebiotics; PHGG & GOS
 5. **Add** in the crushed walnuts
 6. **Pour** into an oiled baking tin
 7. **Bake** for 45 mins or until a skewer removes cleanly from the cake
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