

Mango Flour (MF) Banana Bread

Ingredients:

190 g	Flour
50 g	MF
9 g	Baking soda
7 g	Salt
300 g	Sugar
300 ml	Mashed, very ripe bananas
150 g	Vegetable oil
3	Eggs (med-large)

Statistics:

Total weight (g):	~1000
% MF =	20.8%
% Salt =	0.7%

Yields (1) 1kg Loaf

- 1 Preheat oven to 175°C and coat a 22cm x 10cm loaf tin with nonstick spray
- 2 Whisk flour, baking soda, and salt in a medium bowl
- 3 Whisk eggs, sugar, bananas, and oil in a large bowl until smooth
- 4 Add dry ingredients to banana mixture and stir just until combined. Scrape batter into prepared tin and smooth top
- 5 Bake until a tester inserted into the center of bread comes out clean, 50–70 minutes
- 6 Transfer to a wire rack; let bread cool in pan for 15 minutes; turn out onto rack and let cool completely