

# Banana, Maple & Tahini Loaf

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**Gather  
& Feast**

In a recent poll, I asked whether you preferred a sweet or not-so-sweet banana loaf, and the not-so-sweet option emerged as the clear winner. This loaf is subtly sweetened with a touch of maple syrup and the natural sweetness of Medjool dates. It's exceptionally delicious when served warm with a spread of butter, a drizzle of honey or tahini, and a sprinkle of sea salt.

**MAKES** 1 loaf | **PREP TIME** 20 minutes | **COOK TIME** 45 minutes | **TOTAL TIME** 65 minutes (+ cooling)

## INGREDIENTS

### Loaf

- 75g (90ml / 1/3 cup) extra virgin olive oil
- 100g (90ml / 1/3 cup) pure maple syrup (or honey for alternative sweetness)
- 90g (90ml / 1/3 cup) hulled tahini (sesame seed paste)
- 1 tablespoon vanilla extract or paste
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon sea salt
- 2 eggs
- 350g mashed overripe bananas (about 3-4 large overripe bananas, yielding roughly 1 3/4 cups mashed)
- 140g Medjool dates (approximately 8-10 large dates, or 1/2 cup firmly packed), pitted & roughly chopped
- 250g (2 cups) white spelt flour or plain all-purpose flour
- 1 1/2 teaspoons baking powder
- 2 teaspoons apple cider vinegar or lemon juice

### Toppings

- 3 tablespoons pure maple syrup or honey
- 1 tablespoon tahini
- 2 tablespoons sesame seeds

## METHOD

1. Preheat your oven to 180°C/350°F.
2. Line a 31cm long loaf pan with baking paper and set aside.
3. In a large mixing bowl, combine the olive oil, maple syrup, tahini, vanilla, cinnamon, cardamom, salt, and eggs. Whisk together until smooth.
4. Add the mashed banana, dates, flour, baking powder, and vinegar. Fold together until just combined.
5. Pour the batter into the pre-lined loaf tin.
6. Next, pour over the 3 tablespoons maple, 1 tablespoon tahini, and sprinkle over 1-2 tablespoon sesame seeds.
7. Using a skewer or knife, gently swirl the toppings into the batter using figure 8 motions.
8. Bake at 180°C/350°F for 45 minutes.

9. Remove from the oven and allow to cool slightly before removing from the tin.
10. Enjoy it as is or warm, spread with butter, a drizzle of honey or tahini, and a sprinkle of sea salt.

## NOTES

**Banana Ripeness:** For the best flavour and sweetness, use overripe bananas. The more ripe they are, the sweeter and more flavourful your loaf will be.

**Flour Choice:** The recipe suggests using white spelt flour or plain all-purpose flour. If you prefer a whole-grain option, you can use whole wheat flour instead, keeping in mind that it might affect the texture slightly.

**Medjool Dates:** Ensure that the dates are pitted and roughly chopped before adding them to the batter.

**Toppings Swirling:** When swirling the maple syrup, tahini, and sesame seeds on top of the batter, don't overmix. A gentle swirling motion with a skewer or knife is enough to create a visually appealing pattern on the loaf.

**Serve Suggestions:** Enjoy the loaf as is or warm with optional toppings like butter, a drizzle of honey or tahini, and a sprinkle of sea salt.

**Storage:** Store leftovers in an airtight container in the fridge for up to 5 days. It also freezes perfectly.



**Find the recipe and watch the video online:**

*<https://www.gatherandfeast.com/banana-maple-tahini-loaf>*

Let me know if you make the recipe! x **@gatherandfeast**