



TUNISIA

BREAKFAST

PRINTABLE RECIPE PDF

Tunisian Banana Bread

Banana bread is a lesser-known dish in Tunisia but reflects the influence of global flavors in North African cuisine. This dish is often enjoyed as a breakfast

PREP

10 min

COOK

60 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 2 ripe bananas - mashed
- 1 cup all-purpose flour - sifted
- 1/2 cup sugar - adjust sweetness as desired
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon - ground
- 1/4 teaspoon salt
- 1/4 cup olive oil - or melted butter
- 2 large eggs - beaten
- 1/4 cup honey - for added sweetness

WHY THIS WORKS

About this recipe

A printable Tunisian Banana Bread recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Banana bread is a lesser-known dish in Tunisia but reflects the influence of global flavors in North African cuisine. This dish is often enjoyed as a breakfast or snack, highlighting the Tunisian love for sweet and spiced baked

ORIGIN & TRADITION

Mediterranean context

Banana bread is a lesser-known dish in Tunisia but reflects the influence of global flavors in North African cuisine. This dish is often enjoyed as a breakfast or snack, highlighting the Tunisian love for sweet and spiced baked goods.

METHOD

Step-by-step instructions

1

Preheat your oven to 350°F (175°C) and grease a loaf pan with olive oil or line it with parchment paper.

2

In a mixing bowl, mash the ripe bananas thoroughly until smooth.

3

In another bowl, combine the sifted flour, sugar, baking powder, baking soda, cinnamon, and salt.

4

In the bowl with the mashed bananas, add the olive oil, beaten eggs, and honey, and mix well until combined.

5

Gradually add the dry ingredients to the wet mixture, stirring until just combined. Do not overmix.

6

Pour the batter into the prepared loaf pan and smooth the top with a spatula.

7

Bake in the preheated oven for 50-60 minutes, or until a toothpick inserted into the center comes out clean.

8

Once baked, remove from oven and let cool in the pan for about 10 minutes before transferring to a wire rack to cool completely.

CHEF'S TIP

Ensure the bananas are very ripe for maximum sweetness and flavor; this enhances the overall taste of the bread.

NUTRITION PER SERVING (EST.)

Calories	210 kcal	Fat	8 g
Protein	4 g	Fiber	2 g
Carbohydrates	34 g	Sodium	150 mg

SERVING SUGGESTION

Slice the banana bread and serve it warm or at room temperature, optionally drizzled with honey or spread with some tahini for extra richness.

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