Papaya and banana bread

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Papaya and banana bread

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Papaya and banana bread is a super tasty treat the whole family will love.

The humble papaya is making a comeback as one of nature's original superfruits. The luscious tropical treat is packed with heart-healthy goodness and cancer-fighting vitamins and minerals.

Ingredients (serces 6 to 8)

- 2 cups self-raising flour
- 1 cup brown sugar
- 1 tsp baking powder
- ½ cup mashed papaya
- ½ cup mashed [banana](#)
- 2 eggs, lightly whisked
- 150 g [butter](#), melted, cooled
- ½ cup toasted [macadamias](#), coarsely chopped
- ½ cup finely chopped papaya, extra

Method

Preheat oven to 180°C. Grease and line the base and sides of an 8 x 24cm (base measurement) loaf

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pan.

Combine the flour, sugar and baking powder in a large bowl.

Combine mashed papaya, banana and eggs in a small bowl. Add to the flour mixture with the melted butter, macadamias and extra papaya and gently stir until just combined. Spoon into the prepared pan and smooth the surface with the back of a spoon. Place on an oven tray and bake for one hour or until a skewer inserted in the centre comes out clean. Remove from oven. Set aside for 10 minutes before turning onto a wire rack to cool.

Cut into thick slices. Serve warm or at room temperature.

Recipe and images by Papaya Australia

Next try these banana bread muffins or this easy banana and walnut bread recipe.

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