



Heart Attacking Banana Bread*1

(by National Heart Foundation Australia)
 Accompanied by my personal opinion (red)



Ingredients 19cm x 9 cm tin 10 servings (*really thin slices of*)

- ♦3/4 cup plain flour ♦3/4 cup wholemeal plain flour ♦1/2 cup ground almonds
 - ♦2 teaspoons baking powder ♦1/2 teaspoon bicarbonate of soda
 - ♦2/3 cup caster sugar (*this equals to 32 teaspoons!*) ♦2 eggs, lightly beaten ♦1/4 teaspoon vanilla extract
 - ♦125g (=1 serving is 12.5g) Flora pro-active spread*2, plus extra for greasing, melted and cooled
(but it's said in their website, "serving size is 10 g and this is not suitable for baking or frying".)
 - ♦2 tablespoons reduced fat (*why should be reduced?*) milk ♦3 bananas, peeled and mashed
- Look for the Heart Foundation Tick. (*which is most likely misleading.*)
 Tick highlights healthier choices when comparing similar products. (*What are healthier choices? How to do it exactly?*)

Method:

1. Preheat the oven to 150°C and grease a 19cm x 9cm loaf tin with Flor pro-active or line with baking paper. (*Here, added more Flora pro-active! There is also a typo, not "Flor" should be "Flora". Maybe it's good for floors to shine as it contains rapeseed oil.*)
2. Place flours, almonds, baking powder, bicarbonate of soda and caster sugar into the bowl of an electric mixer. To combine, mix on low speed for about 1 minute. If using a hand beater, mix the dry ingredients using a wire whisk until evenly blended.
3. Add eggs, vanilla and melted Flora pro-active. Beat on medium speed for 3 minutes. Remove bowl from mixer and fold in milk and bananas by hand.
4. Pour into the prepared tin and bake for 1 hour, or until a skewer inserted in the centre comes out cleanly. Cool in the tin. Slice into 10 slices, serve either plain or with Flora pro-active. *More Flora pro-active whose ingredients contain preservatives, emulsifiers, flavourings and colours?*^{*2}

Nutrition fact^{*3} (*which is not from the Heart Foundation website.*)

1 serving = very thin & small that you can easily eat 2 servings at a time.

Energy	192 cal/803 kj
Carbohydrate = turns into sugar in your body anyway.	38 gram
Dietary fibre	2.8 gram
Total Fat	10 gram

Teaspoon sugar counting:

(Total carbohydrate - fibre) ÷ 4 = The number of teaspoon of sugar
 (38 - 2.8) ÷ 4 = 8.8 teaspoon of sugar
 Even if you managed to have tiny slice of this banana bread, you consume 8.8 teaspoons sugar!!

Oh my, this is a heart attacking deadly snack. Having a banana is so much easier and better.

Note: Flora pro-active ingredients^{*2}: *Does it look good? I choose coconut oil or organic butter.*

- Vegetable oils in varying proportions (56%)(sunflower, **rapeseed**, palm, linseed), **water**, **plant sterol esters (9%)**, BUTTERMILK (6%), salt (1%), **emulsifiers** (mono- and diglycerides of fatty acids, sunflower lecithin), **acid** (citric acid), **flavourings** (contains MILK), **preservative** (potassium sorbate), **vitamin A and D**, **colour** (carotenes).

Banana & nuts butter (serve 1)

Ingredients:

- 1 ripe banana
- 1 tablespoon nuts butter (no-added sugar)
 e.g. almond, cashew, pepita, hazel, tahini etc,
 (optional toppings) pinch of cacao/carob powder, cinnamon powder,
 cacao nibs

Direction:

Peel (& cut if you like) and spread nuts butter and topping. Enjoy!



What is Emulsifier?

Emulsifier is one of handy additives which enable oil and water mixed evenly. They are in foods, skin care products, soaps, detergents and more. Imagine you try to mix oil and water together in a glass. Without emulsifiers, you have to keep stirring. Otherwise, oil and water separate again. We don't want to see this kind of things happen to our sausages, dips or Baileys Irish Cream liqueur, do we? However, is it okay to consume regularly? Many research suggest that emulsifiers as food additives (not the ones that naturally exist in legumes or eggs) are associated with obesity, liver dysfunction⁴, disruption of hormone balance⁵, gastrointestinal diseases such as Crohn's disease⁶ and delayed allergic reactions⁷ like skin rash.

The good news is that to avoid them is quite easy.

Eat home cooked foods and reduce consumption of processed and packaged foods.

*1 <https://heartfoundation.org.au/recipes/banana-and-almond-bread>

*2 <http://www.floraproactive.co.uk/product/detail/1056432/flora-proactive-buttery-spread>

*3 <http://www.webmd.com/diet/healthtool-food-calorie-counter>

*4 Singh, RK. et al (2016) Food Additive P-80 Impacts Mouse Gut Microbiota Promoting Intestinal Inflammation, Obesity and Liver Dysfunction. *SOJ Microbiology & Infectious Diseases*. 2016;4(1)

*5 Gao, HT et al (2016) Food Emulsifier Glycerin Monostearate Increases Internal Exposure Levels of Six Priority Controlled Phthalate Esters and Exacerbates Their Male Reproductive Toxicities in Rats. *PLoS One*. Aug 30;11(8)

*6 Roberts CL et al. (2013) Hypothesis: Increased consumption of emulsifiers as an explanation for the rising incidence of Crohn's disease. *Journal of Crohn's & colitis*. 2013 May;7(4):338-41.

*7 Moreau L. et al. (2006) Contact urticaria from carboxymethylcellulose in white chalk. *Dermatitis*. 2006 Mar;17(1):29-31.