



LEMON BREAD WITH
STRAWBERRIES
AND CREAM SWIRL

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Serves: 12
Prep: 15 mins
Cook: 50 mins



Nutrition per
serving:
190 kcal
5g Fats
34g Carbs
4g Protein



WHAT YOU NEED

Wet:

- 1 cup (250g) bananas, mashed (around 3)
- 2 eggs
- ¼ cup (85g) honey
- 1 tbsp. lemon juice
- 2 tbsp. coconut oil, melted

Dry:

- ¾ cup (90g) whole wheat flour
- ½ cup (100g) coconut sugar
- 1 tsp. baking soda
- ⅛ tsp. salt
- 2 tbsp. lemon zest

Swirl:

- 3 tbsp. strawberry jam
- 3 oz. (85g) Philadelphia cream cheese, partially melted

WHAT YOU NEED TO DO

Preheat oven to 350°F (180°C) and line a standard loaf pan with baking paper.

Next, crack the eggs into a bowl and whisk. Then, add the rest of the wet ingredients to the bowl (apart from the melted coconut oil) and mix.

Now add all of the dry ingredients to the wet ingredients and mix again. Then, add melted coconut oil and mix. Finally, transfer the batter into the loaf pan.

For the swirl topping, carefully splat the partially melted cream cheese and strawberry jam over the top of the loaf. Use a knife to gently swirl so that you spread the topping out.

Bake for 45-50 minutes or until a toothpick comes out clean. Let it cool for at least 15 minutes before removing from the pan.