



IN THE KITCHEN

Banana bread

Ingredients:

- 100g of butter/spread
- 70g of caster sugar
- 2 eggs
- 3 large bananas (mashed)
- 100g of self raising flour
- 100g of wholemeal flour
- 1 teaspoon of mixed spice

You'll also need:

- A loaf tin
- Greaseproof paper to line the tin
- A little butter/spread to use for greasing the tin
- A baking tray

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- A large mixing bowl
- A wooden spoon
- A cooling rack
- Turn the loaf out from the tin and leave on the rack to cool completely

Method:

- Preheat your oven to 180°C/Fan
160°C/Gas 4
- Grease and line the loaf tin
- In the mixing bowl cream together the butter/spread and sugar until light and fluffy using the wooden spoon
- Gradually beat in the eggs, one at a time
- Stir in the mashed banana
- Fold in the flour
- Pour the mixture into the lined loaf tin
- Place this on the baking tray and pop into the oven for 1 hour or until well-risen and golden brown
- Once baked, remove from the oven and leave to cool for a few minutes

TOP TIP:
This recipe is great
for using up over-ripe
bananas