

Banana Bread



Ingredients

100g (4oz) butter or margarine
125g (5oz) sugar
2 eggs (medium)
3 large ripe bananas, mashed
100g (4oz) self raising flour
100g (4oz) wholemeal flour
1x5ml spoon (1 teaspoon) mixed
spice
50g (2oz) walnuts or pecan nuts
(optional)

Equipment

Loaf tin or muffin tray with cases,
mixing bowl, small bowl, fork,
mixing spoon, measuring spoons,
sieve, wire rack and grease proof
paper.

Method

1. Preheat the oven to 180°C or Gas Mark 4. Grease and line (using grease proof paper) a 1kg loaf tin, or prepare a muffin tray with cases.
2. Cream the butter or margarine and sugar together until light and fluffy.
3. Gradually beat in the eggs, one at a time.
4. Stir in the mashed banana lightly.
5. Sieve the flour and spice into the mixture and fold until incorporated.
6. Mix in nuts, if using.
7. Pour into the loaf tin and bake for 1 hour, or 20-30 minutes in the muffin tray.
8. Cool on a wire rack.

Nutrition Information

Banana Bread	per 100g	per recipe	per portion ($\frac{1}{8}$ recipe)
Energy (kJ)	1223	11774	1472
Energy (kcal)	292	2814	352
Protein (g)	4.3	41.8	5.2
Fat (g)	13.9	133.4	16.7
of which saturates (g)	4.9	47.6	6.0
Carbohydrate (g)	40.3	387.8	48.5
of which sugars (g)	22.0	211.6	26.5
Fibre (g)	1.4	13.3	1.7
Sodium (mg)	161	1551	194
Salt (g)	0.4	3.9	0.5

Notes

Key Messages

Healthy eating

- The more ripe the bananas (the blacker) the sweeter they taste, which means you can add less sugar to the recipe.
- Foods high in fat and sugar should only form a small part of your diet.
- To reduce the sugar content, use a sugar substitute which is suitable for baking (or use half and half).

Money

- Bananas bought from market stalls can be cheaper than those purchased from supermarkets. Always compare prices.

Food safety

- Keep eggs in the fridge, away from strong odours and use them by the 'best before' date - don't use eggs with damaged or dirty shells.