



The Larder presents...

BANANA CAKE



PREP: 20min
COOK: 50 – 60
mins



MAKES: 1
CAKE/LOAF

YOU WILL NEED:

INGREDIENTS :

- TSP Oil (for oiling baking tin)
- 2 Ripe bananas (peeled)
- 2 Eggs
- 2 Cups Self Raising Flour (or Plain Flour and add 1 Tsp of baking powder)
- 1 Cup Sugar
- 2 Tbsp Sultanas (Optional)
- 1 Tbsp chopped nuts* (Optional)

***Allergy Statement: "Recipe items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK."**

YOU WILL NEED:

EQUIPMENT:

- Cake tin (approx 20 cm) OR loaf Tin (approx. 23 x 12cm)
- Cup (for measuring)
- Medium mixing bowl
- Fork
- Small mixing bowl
- Tablespoon (Tbsp)
- Teaspoon (Tsp if using baking powder)
- Wooden Spoon
- Oven
-

REMEMBER:

Always **wash your hands** thoroughly before touching and preparing ingredients.

METHOD:

1. ALWAYS START BY - Washing your hands thoroughly
2. Gather together all the equipment and ingredients
3. Oil a cake or loaf tin
4. Heat the oven to 180c, fan oven 160 or Gas Mark 4
5. Place the peeled bananas in a medium sized mixing bowl and mash thoroughly with a fork
6. Break both eggs and add to the mashed bananas
7. Beat the eggs and bananas together well
8. Place the flour and the sugar in a different mixing bowl (small) and mix together
(REMEMBER IF USING PLAIN FLOUR TO ADD 1 Tsp of baking powder)
9. Add flour /sugar mix into the egg/banana mix
10. Add sultanas and chopped nuts (optional)
11. Mix all the ingredients together thoroughly
12. Spoon the mixture into the oiled cake or loaf tin
13. Cook approx. 50 – 60 minutes (Cooking times may vary depending on gas or fan)
14. **Check after 50 minutes** and IF the cake is risen , evenly brown and firm on top remove from the oven. IF NOT continue cooking for 10 minutes.
Top tip – to test if the cake is cooked through insert a knife blade into the centre. If it comes out clean remove the cake from the oven.
15. Allow the cake to cool

NUTRITION KNOW HOW:

Bananas are a powerhouse of good nutrition giving you energy and range of vitamins and minerals

1. **What other recipes that include bananas can you suggest to the larder?**

LIKE AND TAG @LARDER

- Video or Photograph your recipe along with **YOU** and **THE FOOD** you have made today.
- Like The Larder on Facebook and Instagram
- Upload your photo/video and tag @larder
- Click on The Larder logo to TAG US and YOU
- Add the following hashtags:
- #CookingForOurCommunity
- #TheLarder#Cooking#Nutrition

