



Banana Bread

(Makes 12 slices or 6-8 muffins)

Preparation time = 30 minutes

Cooking time = 35-40 minutes

Method:

1. Preheat the oven to 200°C /Gas mark 6
2. Grease a 450g loaf tin or use 6-8 muffin cases
3. Combine all the wet ingredients in one bowl and mix well – mashed bananas, milk, butter and egg
4. Combine all the dry ingredients in one bowl and mix well – flour, salt, sugar, bicarb soda and salt
5. Combine the wet and the dry ingredients and mix well
6. Pour mixture into a greased loaf tin or muffin cases
7. Bake for approximately 35 - 40 minutes if using a loaf tin or approximately 20 minutes if making individual cakes
8. Carefully take out of the oven when golden and leave to cool

INGREDIENTS

- 2 tablespoons butter/margarine
- 1 tablespoon of semi-skimmed milk
- 2 mashed bananas (the riper the better!)
- 1 medium egg
- 225g self raising flour
- 110g sugar
- ½ teaspoon bicarbonate of soda
- ¼ teaspoon salt

EQUIPMENT

- Weighing scales
- Measuring spoons
- Forks
- Wooden spoons
- 2 mixing bowls
- 1 x loaf tin or baking tray and muffin cases