



Banana Bread

Ingredients:

- 100g margarine
- 175g sugar
- 2 eggs, beaten
- 2 well ripened bananas, mashed
- 125g plain flour
- 125g wholemeal flour
- 1 teaspoon bicarbonate of soda
- 2 teaspoons baking powder

Method:

1. Pre heat the oven to 180C/Gas Mark 4.
2. Cream together margarine and sugar until light and creamy.
3. Beat in eggs and stir in banana.
4. In a separate bowl mix together the sodium bicarbonate and baking powder and flour.
5. Gently mix flour into the margarine mixture.
6. DO NOT OVER MIX, the mixture should be quite lumpy.
7. Place in a greased loaf tin and cook for 45 mins. Check it is cooked by putting a knife into the middle of the bread. If when you take it out, the blade is clean, the bread is cooked.
8. Allow cooling in the tin slightly before removing and leave until cold before slicing.

Did you know?

You should be eating plenty bread and grains each day – it should make up the main part of your meal. Other foods in this group are cereals, rice, pasta and potatoes.

Bananas are high in potassium. Potassium helps to keep our muscles working properly. It is also important in keeping blood pressure stable.

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