

Serves 8 for around £1

Banana Bread

Ingredients

- 3 Medium Bananas
- 2 Tablespoons Low Fat Spread
- 3 Tablespoons Sugar
- 1 Egg
- 6 Tablespoons Plain Flour (120g)
- 2 Tablespoons Wholemeal Flour (40g)
- 2 Teaspoons Baking Powder (8g)
- 3 Tablespoons Sultanas



Serves
8

Method

1. Turn oven on to 190°C / 170°C fan oven / 375°F / gas mark 5.
2. Using a spoon, mix the low fat spread and sugar together in a large bowl for about 2 minutes.
3. Add the egg and mix it all together. Gradually add sifted flour and baking powder whilst continuing to mix into a smooth consistency.
4. Mash bananas and stir into mixture along with the sultanas.
5. Transfer mixture to a loaf tin lined with greaseproof paper and bake in oven for approximately 35-40 minutes until risen and golden brown.
6. Once cooled slice and serve.

TIP Let the kids get involved with the mashing and mixing - they'll love it.

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