

Fuel to go, go, go.

Your guide to providing healthier food and drinks



Recipe from Canteen Cuisine

Banana Loaf

from *Cooking for plenty*, National Heart Foundation

This recipe is rated as AMBER

Makes 2 loaves (25 slices)	10 slices	25 slices	50 slices
1½ cups plain white flour	¾ cup / 110g	1½ cups / 225g	3 cups / 450g
1½ cups wholemeal self-raising flour	¾ cup / 135g	1½ cups / 270g	3 cups / 540g
⅔ cup brown sugar	⅓ cup	⅔ cup	1⅓ cups
1 teaspoon baking powder	½ tsp	1 tsp	2 tsp
1 teaspoon bicarbonate of soda	½ tsp	1 tsp	2 tsp
½ cup walnuts or pecans, chopped	¼ cup / 30g	½ cup / 60g	1 cup / 125g
3 eggs	1	2	4
3 large bananas, mashed	1	3	6
60ml polyunsaturated oil	30ml	60ml	120ml
30ml lemon juice	15ml	30ml	60ml

Method

1. Preheat oven to 180°C.
2. Sift the dry ingredients and add the nuts.
3. Beat the eggs lightly, and then add the mashed banana, oil and lemon juice.
4. Stir the liquid and quickly fold into the dry ingredients.
5. Pour the mixture into oiled and floured loaf tins and bake for 45 minutes to an hour.
6. Keep for 12 hours before slicing.

