



Traffic light category: **Amber**

Serves: **10**

Ingredients

- 1 egg
- ½ cup honey
- 2 ripe bananas, mashed
- 1 cup self-raising flour, sifted
- A dash of low fat milk

Method

1. Pre heat oven to 170°C
2. Grease and flour loaf tin (21cm x 9cm) or line with baking paper
3. Mix egg, honey and banana in a small bowl
4. Gently fold the dry ingredients into the wet mix; don't over mix or cake will be tough. If the cake is too dry add in a dash of milk until it becomes a batter consistency.
5. Bake for 35 minutes
6. Turn onto wire rack to cool.

Tip: if your venue allows nuts, add some roughly chopped walnuts to the mix for extra crunch and flavour

Recipe adapted with permission from the Western Australian School Canteen Association Inc.

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