

Banana Loaf

How To
Puddings
Serves 4

Ingredients:

- 100g vegetable spread
- 60g sugar
- 2 eggs (beaten)
- 150g self raising flour
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 3 ripe bananas (mashed)

You will also require greaseproof paper.

Notes:

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How to...

1. Put vegetable spread and sugar into a deep bowl. Mix together until light and fluffy.
2. Beat eggs in a separate bowl and then add a little at a time to the spread/sugar mixture.
3. In a bowl mix flour, baking powder and cinnamon together and add to the mixture.
4. Add the mashed bananas and mix well.
5. Line a loaf tin with greaseproof paper.
6. Pour the mixture into the tin and bake for 30 minutes.
7. Check it is fully cooked by inserting a skewer/knife into the centre, if this comes back out clean it is ready.
8. If not put back in the oven and check in another 3 minutes. Repeat if necessary.
9. Cool in the tin for 10 minutes then remove to a wire rack.

Notes:

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Tip

You can mix 2 dessertspoons of icing sugar with 250g of low fat cream cheese to make a topping.

Produced by:
NHS Forth Valley,
Community Food Development Workers,
Community Dietitians - February 2018
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Fruit Crumble

How To
Puddings
Serves 4

Ingredients:

- 3 dessertspoons low fat spread
- 1 mug plain flour
- 2 dessertspoons sugar
- ½ mug porridge oats
- 4 dessertspoons dessicated coconut

Fruit ideas:

tinned peaches, pears, pineapples or apples

frozen berries

apples, pears or fresh rhubarb when in season (peel, chop and simmer for 5 minutes in a little fruit juice)

Notes:

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Tip

You can serve this with low fat cremé fraiche or custard.

How to...

1. Pre-heat oven to 200°C or gas mark 6.
2. Rub the low fat spread and flour together with your fingertips until it resembles breadcrumbs.
3. Stir in the sugar and porridge oats.
4. Place fruit of choice in an oven proof dish and cover with the breadcrumb mix.
5. Sprinkle with dessicated coconut for a crunchy topping.
6. Place in oven for about 15 minutes until top is golden brown.

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Banana & Blueberry Muffins

How To
Puddings
Serves 4

Ingredients:

- 175g wholemeal flour (or plain)
- ½ teaspoon bicarbonate of soda
- 1 teaspoon baking powder
- 125g margarine (melted)
- 60g sugar
- 2 eggs (beaten)
- 2 medium bananas (mashed)
- 150g of blueberries (fresh or frozen)

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How to...

1. Preheat oven to 180°C or gas mark 4.
2. Put the flour, bicarbonate soda, baking powder into a medium sized bowl. Mix well and set aside.
3. Melt margarine in a large bowl in the microwave. Once melted, add sugar and mix well immediately so this dissolves.
4. In a separate bowl beat the eggs and then add these to the melted margarine/sugar mixture.
5. Stir in mashed bananas (it's ok to have lumpy bits) and blueberries.
6. Add the flour mixture, a third at a time and stir well. Spoon the mixture into the muffin cases (2 dessertspoons per case).
7. Bake for approximately 20 minutes or until golden brown.
8. Check they are fully cooked by inserting a skewer/knife into the centre, if this comes back out clean they are ready.
9. If not put them back in the oven and check in another 3 minutes. Repeat if necessary.

Notes:
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Tip

You can replace the blueberries with frozen mixed berries.

Fruity Scones

How To
Puddings
Serves 4

Ingredients:

- 1 dessertspoon low fat spread
- 1 mug self-raising flour
- ½ dessertspoon sugar
- 3 dessertspoons raisins
- 1 teaspoon cinnamon
- ½ mug semi-skimmed milk

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How to...

1. Pre-heat oven to 190°C or gas mark 5.
2. Rub the low fat spread and flour together with your fingertips until it resembles breadcrumbs.
3. Stir in sugar, raisins and cinnamon.
4. Gradually add the milk, stir using a knife until it forms a dough.
5. On a floured surface, pat the dough with your hands (make sure they are clean) to flatten slightly.
6. Cut into 4 or 6 scones using a scone cutter or a glass, brush with a little milk then place onto a baking tray.
7. Bake for 12 minutes or until golden brown.

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Tip

Replace raisins and cinnamon with 3 dessertspoons of cheese and 1 teaspoon of mixed herbs to make savoury.