

How to... Banana Loaf

(Cuts into 8 - 10 slices)

190g self raising flour, 1 teaspoon of baking powder, 125g low fat spread, 100g sugar, 2 medium very ripe bananas, 1 egg, 60mls milk, ½ teaspoon of vanilla extract (optional).

You will also require greaseproof paper.



Collect your ingredients and pre-heat oven to 170°C.



Put low fat spread and sugar into a deep bowl. Mix together until light and fluffy.



Beat egg in a separate bowl with a fork and then add to the spread/sugar mixture.



Mash the bananas in a bowl using a fork and add to the egg, spread and sugar mixture.



Add flour and baking powder to a deep bowl. Add wet ingredients slowly, mix well.



Line a loaf tin with greaseproof paper.



Pour the mixture into the tin and bake for 30 minutes.



The loaf is fully cooked when a skewer/knife is inserted into the centre and comes out clean.



Cool in the tin for 10 minutes then remove to a wire rack. Cut into slices to serve.