

SPAR 

BETTER CHOICES kids



FREE RECIPE
TO TAKE HOME



Banana Bread



WHAT YOU NEED:

- 5 Tablespoons unsalted butter
- 1/2 cup honey
- 3 large very ripe bananas
- 2 eggs
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon vanilla essence
- 2 cups wholemeal plain flour

WHAT TO DO:

1. Turn the oven on to 180 degrees Celsius or 160 degrees if it's a fan oven.
2. Peel and mash the bananas on a plate using a fork
3. Place the butter into mixing bowl and melt in the microwave for about 20 seconds. Remove.
4. Add the honey and mashed banana into the melted butter and mix.
5. Crack the eggs open into the mixture and whisk.
6. Add the baking soda, salt and vanilla and mix again.
7. Add the flour into the mixture and use a spatula to fold it in until it's all mixed evenly. Try not to mix it too much.
8. Take a bread shaped baking tin and grease it evenly with a little unsalted butter. You can use a small piece of grease proof paper to spread the butter evenly
9. Pour the mixture into the baking tin and place in the centre of the oven to bake for 60 minutes.
10. Using oven gloves, put a thin knife into the centre to check that it's cooked (if the knife comes out with moisture on it then it needs to cook a little longer... cook for a further 10 minutes).
11. Once cooked, allow it to cool, and then turn the tin upside down gently, to remove the bread. Slice and enjoy!

ENJOY!