

Banana Bread

Ingredients *(makes 1 loaf, 6-8 slices)*

100g (4oz) margarine
175g (6oz) sugar
2 eggs, beaten
2 well ripened banana's, mashed (200g)
250g Plain flour
1 teaspoon (5ml) sodium bicarbonate
2 teaspoons (10ml) baking powder

Method

1. Pre-heat the oven to 180°C/350°/Gas mark 4.
2. Cream together margarine and sugar until light and creamy.
3. Beat the eggs and stir in banana
4. In separate bowl, mix together the sodium bicarbonate and baking powder
5. Mix into the margarine mixture
6. DO NOT OVER MIX, it should be quite lumpy
7. Place in a loaf tin and cook for 45 minutes

Allow to cool in the tin slightly before removing and leave until cold before slicing

Bridgewater Community Healthcare 

NHS Trust



Health Improvement Team