

# BANANA BREAD

AMBER (ACT & SA) / OCCASIONAL (NSW)



Makes 14 serves

## Ingredients:

- 1 cup white self-raising flour
- 1 cup wholemeal self-raising flour
- 1 teaspoon bicarbonate of soda
- 1 teaspoon ground cinnamon
- ¼ cup of honey
- 1½ cups reduced fat milk
- 2 eggs
- 2 large bananas, mashed (see tip below)

## Method:

1. Preheat oven to 180°C. Grease and line a loaf pan 7cm deep, 13.5x24cm (base measurement).
2. Sift the flour, bicarbonate of soda and cinnamon into a large bowl.
3. Combine the honey, milk, eggs and banana in a bowl and stir gently into the dry mixture.
4. Spoon into loaf pan and smooth the surface
5. Bake 30-45 minutes or until a skewer inserted into the centre comes out clean.
6. Stand 5 minutes in the pan before tipping onto a wire rack to cool.
7. Slice and serve.

**Tips:** Overly ripe bananas are best to be used.

## Nutrition information:

	Per serve (74g)	Per 100g
Energy (kJ)	499	674
Protein (g)	4	5.5
Fat – total (g)	1.3	1.8
Saturated (g)	0.43	0.58
Carbohydrates – total (g)	21.3	28.8
Sugar (g)	8.1	11
Sodium (mg)	172	233
Fibre (g)	1.85	2.5