

SUGAR-FREE BANANA BREAD

Preparation time: 10 minutes

Cook time: 30 minutes

Equipment

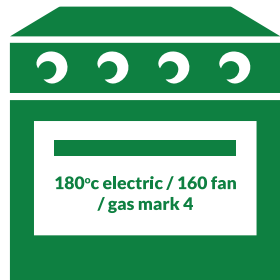
- Aprons
- Wooden spoon
- Mixing bowls
- Loaf tin
- Measuring tool
- Spoons

Ingredients

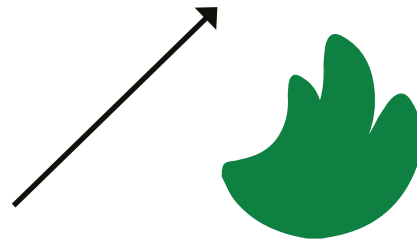
- 125 g self-raising flour
- ½ teaspoon baking powder
- 2 teaspoon ground cinnamon or mixed spice
- 75g sultanas or raisins
- 50g butter or buttery spread, melted
- 2 teaspoon vanilla essence
- 1 egg
- 1 tablespoon milk
- 3 ripe bananas (use the bananas that are going brown)

Make it

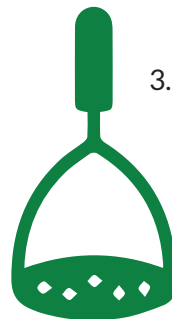
1. Preheat the oven to 180c electric / 160 fan / gas mark 4. Grease and line a loaf tin or a similar one with baking paper.



2. Weigh the flour, baking powder, cinnamon and sultanas in a bowl and mix with a wooden spoon.



3. Mash the bananas.



4. Then weigh the butter, vanilla essence, egg, milk and mashed bananas and put into another bowl or jug and mix with a whisk or fork. Pour the wet banana mix into the dry flour mix and stir thoroughly with a wooden spoon.

5. Pour the cake mix into the prepared tin and put in the oven for 30-40 minutes or until a knife inserted into the middle comes out clean. Remove from oven and allow to cool in tin for 10 mins then turn out.

