Banana Bread

Season: All Year
Type: Afternoon Tea
Difficulty: Easy
Serves: makes 1 loaf tin

Fresh from the garden: egg and walnuts

Recipe Source: The Kids Round the World Cookbook – Deri Robins

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### Equipment
- 1 litre loaf tin
- Scales
- Tablespoon measure
- ½ teaspoon measure
- 3 bowls
- Whisk or electric beater
- Sieve
- Fork
- Spatula
- Wire rack

### Ingredients
- 125 grams butter
- 125 grams sugar
- 1 egg
- 250 grams plain flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ teaspoon nutmeg
- 500 grams ripe bananas
- 100 grams sultanas
- 4 tablespoons chopped walnuts

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### What to do
- Pre-heat oven to 180°C
- Lightly oil loaf tin
- Beat butter and sugar until light and fluffy
- Add egg and mix well
- Peel and mash the bananas into a bowl
- Place flour, baking powder and nutmeg into a sifter and sift into another bowl
- Stir a little of the flour mix into the egg mixture then some of the banana
- Repeat until all the flour and banana is used up
- Stir in the nuts and sultanas
- Scrape into prepared loaf tin and bake for one hour or until a skewer comes out clean

### Notes
- Bananas are a great source of Vitamin B6 and potassium.