

Banana Bread

Makes 8 servings

Ingredients

- 100g dark brown muscovado sugar
- 3 ripe medium bananas mashed
- 200g low protein all-purpose mix
- 1 tsp baking powder
- 75ml Prozero
- 1.5 tsp egg replacer



Source: Vitaflo

Method

1. Preheat oven to 190°C/fan 170°C/gas mark 5.
2. Cream together the sugar and the mashed bananas in a bowl.
3. Add the Fate Low Protein All-Purpose Mix, baking powder, vanilla essence, ProZero and egg replacer to the bowl and combine.
4. Pour mixture into the loaf tin.
5. Bake on the middle shelf of the oven for 40 minutes or until skewer inserted into the centre of the loaf comes out clean.
6. Place on a wire rack and allow to fully cool.



Sláinte Leanaí Éireann



Children's Health Ireland