KS1	✓	KS2	✓	Hob		Oven	✓	Can be cooked at home	

Banana Bread

(Makes 12 slices or 6-8 muffins)

Preparation time = 30 minutes

Cooking time = 35-40 minutes

INGREDIENTS

- 2 tablespoons butter/margarine
- 1 tablespoon of semi-skimmed milk
- 2 mashed bananas (the riper the better!)
- 1 medium egg
- 225g self raising flour
- 110g sugar
- ½ teaspoon bicarbonate of soda
- ¼ teaspoon salt

EQUIPMENT

- Weighing scales
- Measuring spoons
- Forks
- Wooden spoons
- 2 mixing bowls
- 1 x loaf tin or baking tray and muffin cases

Method:

1. Preheat the oven to 200°C /Gas mark 6
2. Grease a 450g loaf tin or use 6-8 muffin cases
3. Combine all the wet ingredients in one bowl and mix well – mashed bananas, milk, butter and egg
4. Combine all the dry ingredients in one bowl and mix well – flour, salt, sugar, bicarb soda and salt
5. Combine the wet and the dry ingredients and mix well
6. Pour mixture into a greased loaf tin or muffin cases
7. Bake for approximately 35 - 40 minutes if using a loaf tin or approximately 20 minutes if making individual cakes
8. Carefully take out of the oven when golden and leave to cool

KS1	✓	KS2	✓	Hob		Oven	✓	Can be cooked at home	

Facilitator Notes

Skills:

Weighing/measuring

Mixing

Mashing

Pouring

Risk Assessment points to consider:

Use of oven

Special Dietary Requirements:

Milk allergy **– use dairy free alternative to milk**

Gluten/wheat intolerance **– use gluten free flour**

Egg allergy **– not suitable**

Containers:

Once cooled, wrap in tin foil and label appropriately

Key Messages:

Discuss where cakes fit into the Eatwell plate and talk about why we shouldn't eat too much cake e.g. high in sugar / fat. Homemade cake is better than shop bought because they do not contain added preservatives etc. Talk about what other ingredient could be added e.g. nuts, dried fruit, chocolate chips

Storage / Reheating:

Store in an airtight container for up to 3 days

Suggestions:

- **This recipe works well with groups of 8 – 10 pupils. Double ingredients to ensure pupils can take at least 2 muffins or a large slice home**
- **Divide each group into 2 further groups. Instruct group 1 to weigh/prepare all the dry ingredients and group 2 to weigh/prepare all the wet ingredients**
- **Demonstrate skills where necessary e.g. breaking an egg, mixing, mashing**
- **Once all ingredients prepared combine together and allow all pupils the opportunity to mix**
- **SUGGESTED LABEL**

Banana bread: NAME: CLASS: DATE:

Storage instructions: store in an airtight container for up to 3 days