



BANANA LOAF

Ingredients

- 100g (4oz) butter, softened
- 175g (6oz) caster sugar
- 2 eggs
- 2 ripe bananas, mashed
- 225g (8oz) self-raising flour
- 1 tsp baking powder
- 2 tbsp milk

Method

This is a really easy, lovely moist loaf. Use ripe bananas, the riper the better. I squish them before I take the skins off and they are easier to mash.

- Lightly grease a 2lb loaf tin and line it with baking parchment - or buy loaf tin liners in your local supermarket.
- Preheat the oven to 180°C.
- If using a hand mixer, or a wooden spoon, measure all the ingredients into a mixing bowl and beat for about two minutes, until well blended.
- If using a stand mixer, cream the sugar and eggs together for a couple of minutes at speed 3. Then add the mashed banana and blend for another minute. Switch off the machine, add the flour and baking powder, then slowly bring the speed up to 3 to incorporate the flour without coating the kitchen (I learned). Mix for a couple minutes until well blended.
- Spoon into the lined loaf tin and level the top.
- Bake for an hour until well risen and golden in colour. Check with a skewer, it should come out clean.
- Let sit for a few minutes, then turn out onto a wire rack to cool.
- Serve nice and thick.....