

Banana Bread

Season: All

Makes: 36 small muffins

Fresh from the garden: bananas, eggs

Equipment:

metric measuring cups and spoons
bowls – 2 medium, 2 large
whisk
wooden spoon
2 forks
3 × 12-basin muffin trays
baking paper cases, to fit muffin trays
spatula
wire cooling rack
serving platter

Ingredients:

3 eggs, beaten until frothy
1 cup brown sugar
1 tsp vanilla essence
½ cup sunflower oil
3 bananas, mashed with a fork
2 cups plain flour
1 tsp cinnamon
2 tsp bicarbonate of soda
½ tsp salt
¼ tsp baking powder
butter (optional, for greasing muffin trays)

What to do:

1. Preheat the oven to 180°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Mix the eggs, sugar, vanilla essence and oil in a large bowl, then add the bananas.
4. In another large bowl, mix all the dry ingredients together with a clean fork.
5. Add the banana mix to the dry mix and gently combine.
6. Line muffin trays with baking paper, or grease with a light coating of butter.
7. Pour the mixture into muffin trays, three-quarters full for each basin.
8. Bake for 20 minutes.
9. Remove onto a wire cooling rack. Allow to cool, then serve on a platter.

