

# Rice bubble banana bread

Traffic light category: **Amber**

Serves: 16

## Ingredients

- » 90g polyunsaturated margarine
- » 1/2 cup caster sugar
- » 1 egg
- » 1 teaspoon vanilla essence
- » 1 1/2 cups mashed ripe banana
- » 2 cups Rice Bubbles
- » 1 cup self raising flour, sifted
- » 1/2 cup wholemeal self raising flour, sifted

## Method

1. Preheat oven to 180°C
2. Cream margarine and sugar until light and fluffy
3. Add egg and vanilla essence and beat well
4. Stir in banana and Rice Bubbles
5. Add flours to mixture, stirring only until just combined
6. Spread into a greased 23 x 14cm loaf tin
7. Bake in a moderate oven for 40-50 minutes or until cooked, cool thoroughly before slicing.

Nutrition information panel		
Nutrient	Per serve	Per 100g
Weight	58g	100g
Energy	594kJ	1030kJ
Protein	2.5g	4.2g
Total fat	4g	7g
Saturated fat	1g	1.7g
Carbohydrate	23.5g	41g
Sugars	11g	18.7
Dietary fibre	1.5g	2.5g
Sodium	151mg	261mg



Image source: [kelloggs.com.au](http://kelloggs.com.au)