

Wholemeal Banana Cake

Traffic light category: **Amber**

Serves: 12

Ingredients

- 125g polyunsaturated margarine
- 1 cup firmly packed brown sugar
- 3 eggs
- 1 ½ cups wholemeal self-raising flour
- ¼ cup unprocessed bran
- ⅓ cup desiccated coconut
- ⅔ cup banana, mashed
- ½ cup reduced fat milk



Method

1. Preheat oven to 180°C, line a 15cm x 25 cm loaf pan with baking paper
2. Combine all ingredients in medium bowl of electric mixer, beat on low speed until ingredients are combined. Then beat on medium speed until mixture is smooth and light in colour
3. Spread mixture into prepared pan
4. Bake in moderate oven about 1 hour or until a skewer inserted in the centre comes out clean
5. Turn onto wire rack to cool
6. Serve on a piece of grease proof paper or a napkin.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	770.1kJ	953.3kJ
Protein	4.4g	5.5g
Total fat	4.8g	6.0g
Saturated fat	2.6g	3.2g
Carbohydrate	30.3g	37.5g
Sugars	15g	18.6g
Dietary fibre	1.9g	2.3g
Sodium	188.9mg	227.6mg



Adapted from www.easy-banana-recipes.com



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