

Easy Banana Honey Bread

Recipe from Tuart Hill Primary School

Traffic light category: **Amber**

Serves: 10 (60g each)

Ingredients

- 1 egg
- 2 tablespoons honey
- 2 ripe bananas, mashed
- 1 cup self-raising flour, sifted
- ½ cup brown sugar

Method

1. Pre heat oven to 170°C
2. Grease and flour loaf tin (21cm x 9cm) or line with baking paper
3. Mix egg, honey and banana in a small bowl
4. In a separate bowl mix flour and sugar
5. Gently fold the wet mix into the dry mix; don't over mix or cake will be tough
6. Bake for 35 minutes
7. Turn onto wire rack to cool.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	580kJ	968kJ
Protein	2.73g	4.55g
Total fat	0.84g	1.41g
Saturated fat	0.16g	0.28g
Carbohydrate	29.3g	48.9g
Sugars	17.3g	28.8g
Dietary fibre	2.39g	3.99g
Sodium	117.4mg	195.7mg



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