

Banana Raspberry Bread

Traffic light category: **Amber**

Serves: 20 (70g each)

Ingredients

- 125g polyunsaturated margarine
- 1 cup brown sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 2 cups banana, mashed
- 1 cup frozen raspberries
- ½ cup desiccated coconut
- 1 ¾ cups plain flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 1 teaspoon ground cinnamon
- ⅓ cup golden syrup

Method

1. Preheat oven to 160°C, line two bar tins with baking paper
2. Place the margarine, sugar and vanilla in an electric mixer and beat for 8–10 minutes or until pale and creamy, scrape down the sides of the bowl occasionally
3. Add eggs one at a time and beat well to combine
4. Add the banana, raspberries, coconut, flour, baking powder, bicarbonate of soda, cinnamon and golden syrup and stir to combine
5. Spoon the mixture into tins
6. Bake for 45–55 minutes or until cooked when tested with a skewer.
7. Cool in the tins for 20 minutes before turning out onto a wire rack to cool completely
7. Slice and serve.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	655kJ	894kJ
Protein	2.5g	3.5g
Total fat	3.6g	4.9g
Saturated fat	1.8g	2.4g
Carbohydrate	28g	38g
Sugars	17.4g	24g
Dietary fibre	1.8g	2.4g
Sodium	122mg	167mg



Adapted from donnahay.com.au



Supporting healthy choices

☎ 9264 4999

✉ wasca@education.wa.edu.au [f /wascainc](https://www.facebook.com/wascainc)

💻 waschoolcanteens.org.au [t /wascainc](https://www.twitter.com/wascainc)