



# 5 Ingredient banana bread

Published, 2024

Traffic light category: **Amber** Serves: 12 (80g per slice)

## Ingredients

- 1.5 cups self raising flour
- 2 tablespoon caster sugar
- 1 large ripe bananas mashed
- 1 egg, whisked
- 2 x 120g tubs of apple puree

## Method

1. Preheat oven to 180°C
2. Line a 11cm x 21cm loaf pan with greaseproof paper
3. Place flour and sugar in a bowl, make a well in the centre, add banana, egg and apple puree. Stir well to combine
4. Pour mixture into prepared pan
5. Bake for 50 - 60min until golden or a skewer inserted into the centre comes out clean
6. Stand in the tin for 5 minutes
7. Serve warm or toasted with polyunsaturated spread.

*Add a teaspoon of cinnamon or nutmeg or a handful of blueberries, nuts or coconut to give this bread an added boost of flavour.*



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