

# sugar smart recipes



## Banana Cake

### Ingredients:

Margarine .....	70g	Bicarbonate of soda .....	3g
Sugar.....	55g	Flour .....	140g
Eggs .....	1	Baking Powder .....	6g
Bananas (Ripe) .....	1	Milk .....	70ml
Vanilla Essence.....	3ml	Mixed spice .....	3g

### Method:

1. Cream margarine & sugar together, gradually add eggs.
2. Add bananas & vanilla essence.
3. Dissolve Bicarbonate of soda in the milk.
4. Fold flour & mixed spice into banana mixture, add milk
5. Mix well until mixture is smooth.
6. Pour into prepared tins.
7. Bake in oven for approximately 60 mins or until skewer comes out clean at gas mk 6 / 200°c.