

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.