

Banana Bread with Fromage Frais

Serves 10

Ingredients	
175g self-raising flour	2 large (240g) ripe bananas - peeled and mashed
1/2 tsp (3g) bicarbonate soda	3 tbsp (45ml) milk
1/2 tsp (3g) mixed spice	1 egg – beaten
150g caster sugar	150g Fromage frais
60g unsaturated margarine - softened	

- METHOD:
- Pre heat oven to 180c, 350F, Gas 4.
- Sift flour, bicarbonate of soda and mixed spice into a bowl.
- Stir in caster sugar.
- Add softened margarine, mashed banana, milk and beaten egg and mix until all the ingredients are well combined.
- Spoon the mixture into a lined, greased 1kg (2lb) loaf tin.
- Bake in the centre of the oven for 40-45 minutes or until the cake has risen and is firm to the touch.
- Remove loaf from the oven.
- Leave loaf in the tin for approx 10 minutes, and then transfer to a wire cooling rack.
- Serve the sliced banana bread with a tablespoon of fromage frais per portion.



- ✓ COOK'S TIP: - PREPARE EXTRA BANANAS AND STEW SOME PEELED AND CORED APPLES TO MAKE A PUREE FOR WEANING DIETS
- ✓ FOR WHEAT FREE DIETS, EGG FREE DIETS AND MILK FREE DIETS FOLLOW THE RECIPE USING WHEAT FREE SELF RAISING FLOUR, EGG REPLACER AND SOYA MILK
- ✓ FOR DAIRY FREE DIETS, OMIT FROMAGE FRAIS AND REPLACE WITH SOYA YOGHURT OR SOYA CUSTARD

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
212	3.6	7.2	356	17	0.4	0.6	94