

Weetabix Loaf

Serves 10

Ingredients	
300g Self-raising flour	1 tsp (5g) mixed spice
225g caster sugar	2 (200g) ripe bananas, mashed
200g raisins	275 ml milk
2 Weetabix, crushed	1 egg beaten

- METHOD:
- Pre heat the oven to 130c, 250F Gas 3
- Measure all the ingredients, except the milk and egg into a large bowl
- Pour in the milk and beaten egg (the mixture will look like a lumpy batter at this stage)
- Line a 1 lb loaf tin with baking paper
- Pour the batter into the loaf tin and bake in the oven for 1 hr 15 mins until the centre firm to touch
- Turn out onto a wire rack, allow to cool and then cut into 10 slices



- ✓ COOK'S TIP: FOR PUREE DIETS, MAKE A BANANA PUREE.
- ✓ FOR WHEAT FREE DIETS, USE WHEAT FREE SELF RAISING FLOUR AND REPLACE THE WEETABIX WITH OATS
- ✓ FOR DAIRY FREE DIETS, USE SOYA MILK
- ✓ FOR EGG FREE DIETS, USE ORGRAN EGG REPLACER

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
246	5	2	55	19	0.4	1.5	150