**Banana bread recipe**



**Serves:** 8. **Prep:** 10 Min. **Cooking:** 35 Min (May Need An Extra 5 Mins)

**Ingredients**

* 75g (3oz) butter or margarine
* 100g (4oz) soft brown sugar
* 1 egg, beaten
* 2 large ripe bananas
* 225g (8oz) self-raising flour
* 1/2 tsp ground allspice and a pinch of salt
* Handful of dried fruit (dates are good) or chopped walnuts (optional)

**Method**

* Preheat the oven to 190C, gas 5. Cream the butter and sugar together in a large bowl until fluffy then beat in the egg gradually.
* Add dried fruit. Mash the bananas then stir into the mixture. Fold in the flour, allspice and salt.
* Spoon into a greased and lined loaf tin and bake in the centre of the oven for 35-40 mins, or until a skewer inserted into the centre comes out clean.
* When cooked, leave the banana bread in the tin for a few mins before turning out to cool on a wire rack.
* Serve the banana bread sliced, spread with butter or margarine.

**Top tip for making Banana bread**

Don't throw away bananas if they start to turn brown – just pop them in the freezer. Use frozen for smoothies, or defrost to make banana bread and cakes.

Taken from www.goodtoknow.co.uk/recipes