

## BANANA RECIPES

### Banana Flapjack

Makes 12 to 16 squares



#### Ingredients



3 ripe or overripe bananas, roughly mashed  
50g butter or spread, ( check the spread can be used for baking – light spreads often cannot)  
50g / 2 tablespoons honey (or golden syrup)  
1 and 1/2 teaspoons cinnamon  
250g rolled oats  
90g sultanas – roughly chopped

#### Equipment



Fork  
Flat plate  
Rectangular baking tray – 20x 30cm, or a round cake tin, greased.  
Medium/large saucepan  
Tablespoon  
Sharp knife

#### Method



Preheat the oven to 200 C /400F gas mark 6.  
Put the butter or spread and the honey or syrup in a large saucepan and heat over a gentle heat until melted. Take off the heat.  
Add all the other ingredients and mix together well.  
Pour into the baking tray and use the back of a wet tablespoon to press the banana mixture down evenly across the tray.  
Bake for 15 - 20 minutes until golden brown but not dark.  
Cool in the tray then cut in squares

### Banana Lolly – makes one 100 ml lolly mould

#### Ingredients



1 small banana  
2 Tblsp milk (approx)  
1 tsp yoghurt or cream – (optional)

#### Equipment



Lolly moulds  
Fork  
Small dish/plate

#### Method



Mash banana until smooth  
Add milk (and yoghurt) gradually.  
Pour into mould and place stick in.  
Freeze for 2 hours or until frozen

# Recipe for Banana Muffins

Ideal for cooking with children of all ages

## Ingredients



200g Plain Flour  
½ teaspoon baking powder  
1 teaspoon bicarbonate of soda  
Pinch of salt  
3 large ripe bananas  
150 gr caster sugar  
1 egg  
75 gr very soft butter or soft butter spread

## Equipment



Weighing scales  
Large Mixing bowl  
Sieve  
Measuring spoons  
Large metal or wooden spoon to stir  
Dinner plate  
Knife and Fork  
Small bowl/mug  
Small pan or bowl if needed for melting butter  
Knife and chopping board if adding banana slices  
Muffins cases or muffin tin and liners  
Flat oven tray for muffin cases to go on

## Method



Preheat the oven to 180 C/ Gas 4.  
Prepare your baking tin by placing paper cases in. This should make 12-15 large muffins, and at least 24 mini ones.  
Sift together the dry ingredients – flour, baking powder, bicarbonate of soda and salt – in the bowl and set aside  
Mash the bananas with a knife and fork on the dinner plate until mushy. Mash in the soft butter spread.  
Lightly mix the egg in a mug/small bowl  
Add the egg, sugar, mashed banana and butter spread into the dry ingredients.  
Spoon evenly into the muffin cases – be careful not to fill more than  $\frac{3}{4}$  full.  
Bake in oven. When cooked they should be a nice golden colour and 'give' slightly when lightly pressed and look golden. 25-30 minutes for large muffins, 10-15 minutes for small ones. Always check regularly as all ovens vary.

## Notes



Option – you can put a slice of firm banana in the bottom of the muffin case before adding the mix.  
Or – just before you serve, make two small slits in the top and insert two half slices of banana.  
These can be frozen. Eat within a month. They have a slightly sticky top when they have been frozen.  
If you do not have any soft butter you can melt butter from the fridge – either in a small bowl in a microwave or in a small pan on the hob. Do it slowly so it just melts and does not burn.