

# BANANA BREAD

**PREP:** 10 minutes

**BAKE:** 45 minutes

**MAKES:** 1 loaf

### INGREDIENTS:

- ½ cup butter, at room temperature
- 1 cup sugar
- 3 eggs
- 1 tsp vanilla essence
- 3 ripe bananas, mashed
- ½ cup milk
- 1 tsp bicarbonate of soda
- 1 tsp Snowflake Baking Powder
- 2 cups Snowflake Cake Wheat Flour
- ½ tsp salt

### What you need:

- 30cm loaf tin
- Spray n' Cook
- Baking paper
- Mixing bowl
- Whisk
- Measuring cups
- Measuring spoons
- Flat bladed knife (*dinner knife*)

### CONVERSION CHART

¼ tsp = 1.25ml	¼ cup = 60ml
½ tsp = 2.5ml	½ cup = 85ml
1 tsp = 5ml	½ cup = 125ml
1 Tbsp = 15ml	1 cup = 250ml

### METHOD

1. Preheat the oven to 180°C and grease and line your loaf tin with baking paper.
2. Add butter and sugar to a large mixing bowl.
3. Beat or whisk the butter and sugar until light and fluffy.
4. Add the eggs, one at a time, beating each one in thoroughly before adding another.
5. Add vanilla essence and mix.
6. Add the mashed bananas.
7. Mix milk and bicarbonate of soda together in a jug, mix well then add to the batter mixture.
8. Add flour, baking powder and salt and mix well.
9. Pour the batter into your lined loaf tin and place in the oven.
10. Bake for 45 minutes until golden brown.
11. Remove from oven and allow to cool for 25 minutes.
12. Turn the banana bread out of the loaf tin and slice and serve.
13. Keeps well in an airtight container in the fridge for up to 2 weeks.

*\*You can also spoon the mixture into cupcake liners in a cupcake tin and make banana muffins - cooking time will change to 20-25 minutes at the same temperature.*



### NOTES AND TIPS

Lining bakeware is frequently required when baking. This is a step-by-step guide on how to do that properly:

- Get all the required materials ready, these would include scissors, baking paper and the baking tin.
- Place the loaf tin upside down on an even, flat surface
- Place a sheet of baking paper (slightly bigger than the base of the tin) over the bottom of the baking tin and gently fold the edges around the tin.
- Take the paper off the loaf tin, fold along the creases you have made.
- Cut along the edges of the creases.
- Place the cut-out baking paper into your loaf tin. It should be a perfect fit and will help in ensuring that nothing gets stuck to the loaf tin during baking.