

# BANANA CAKE



## DID YOU KNOW? ➤

Each slice of cake would provide you with about one portion of your 5-a-day—but remember you need fresh, frozen or canned fruit and lots of vegetables every day too!

## MAKE IT! ➤

Watch the video:  
[youtu.be/2-zNF5ROUiw](https://youtu.be/2-zNF5ROUiw)

Chef Mark shows you how to make this recipe at home!



# BANANA CAKE

DO IT! ➤

SERVES: 10

GET IT! ➤

## INGREDIENTS

110g butter or margarine  
110g caster or demerara sugar  
2 free-range eggs  
4 ripe bananas  
225g self-raising flour  
 $\frac{1}{2}$  tsp bicarbonate of soda  
1 tsp cinnamon  
 $\frac{1}{2}$  tsp caraway seeds  
150g sultanas

This recipe was created by Harrison's Director of Food and Service Mark Stower.

Prep time: 30 minutes

1. Preheat the oven to 170°C.
2. Grease and flour an 8 inch loaf tin and set aside.
3. Mash the bananas into a purée.
4. Cream together the butter or margarine and sugar, then add the eggs and mashed bananas and mix again.
5. In a separate bowl, mix the flour, bicarbonate of soda and cinnamon.
6. Now fold the flour mixture into the banana mixture, followed by the caraway seeds and sultanas.
7. Pour or spoon your batter into the tin and place in the oven for approximately 45 minutes, or until well risen and golden.
8. After removing from the oven, carefully turn the cake out of the tin onto a cooling rack and allow to cool before serving.