Sheffield’s Sweet Enough Banana Bread recipe

****Ingredients:

* 125g self raising flour
* ½ tsp. baking powder
* 2 tsp. ground Cinnamon
* 75g sultanas
* 50g butter, melted
* 2tsp. vanilla essence
* 1 egg
* 1tsp. milk
* 3 ripe Bananas

Method

1. Preheat oven to 200C/180 fan ovens/gas mark 6 – grese and line the loaf tin.
2. Mix the flour, baking powder, cinnamon and sultanas in a bowl.
3. Whisk th butter, vanilla essence, egg, milk and mashed banana in a separate bowl.
4. Pour the wet ingredients into th dryingredients and combine.
5. Pour the mixtureinto the the tin and bake for 30-40 mins (until a skewer comes out clean)
6. Remove from the oven and leave to cool for 10 minutes.

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**Symbols** and **words** show food skills that children (dependent on age and adult support) can do.



Figure 1Lets get Active!