

Banana Bread

Ingredients

- 110g plain flour
- ½ teaspoon salt
- 1 level teaspoon baking powder
- ½ teaspoon ground cinnamon
- 55g caster sugar
- 1 small egg beaten
- 35ml sunflower oil
- A few drops of vanilla essence
- 30g pecan nuts chopped
- 2 medium-sized ripe bananas, mashed



Method

1. Preheat oven to 180C/gas mark 5
2. Sift the flour, salt, baking powder and cinnamon into a bowl and stir in the sugar.
3. Mix in the eggs, sunflower oil and vanilla essence but do not beat.
4. Fold in the pecan nuts (or other nuts) and mashed banana using a fork. Do not beat.
5. Spoon into a lined 1 lb loaf tin and bake in the preheated oven for 30 – 40 mins until the loaf is golden brown and springs back when prodded gently.
6. Leave in the tin for 10 minutes. Then turn out onto a wire rack.