# Fuel to go, go, go.

## Your guide to providing healthier food and drinks



#### Recipe from Canteen Cuisine

### Banana Loaf

### from Cooking for plenty, National Heart Foundation

This recipe is rated as AMBER

Makes 2 loaves (25 slices)	10 slices	25 slices	50 slices
1½ cups plain white flour 1½ cups wholemeal self-raising flour	³/₄ cup / 110g ³/₄ cup / 135g	1½ cups / 225g 1½ cups / 270g	3 cups / 450g 3 cups / 540g
<sup>2</sup> / <sub>3</sub> cup brown sugar	¹/₃ cup	<sup>2</sup> / <sub>3</sub> cup	1 <sup>1</sup> / <sub>3</sub> cups
1 teaspoon baking powder	½ tsp	1 tsp	2 tsp
1 teaspoon bicarbonate of soda	½ tsp	1 tsp	2 tsp
½ cup walnuts or pecans, chopped	½ cup / 30g	½ cup / 60g	1 cup / 125g
3 eggs	1	2	4
3 large bananas, mashed	1	3	6
60ml polyunsaturated oil	30ml	60ml	120ml
30ml lemon juice	15ml	30ml	60ml

#### Method

- 1. Preheat oven to 180°C.
- 2. Sift the dry ingredients and add the nuts.
- 3. Beat the eggs lightly, and then add the mashed banana, oil and lemon juice.
- 4. Stir the liquid and quickly fold into the dry ingredients.
- 5. Pour the mixture into oiled and floured loaf tins and bake for 45 minutes to an hour.
- 6. Keep for 12 hours before slicing.





