



APPLE & BANANA CAKE

Dessert: Desserts, cakes and biscuits are allowed at lunchtime only. They must not contain any confectionery.

Recipe adapted from: EATS (East Anglian Taste for Schools)

Ingredients

300g bananas, peeled and mashed
900g apples, solid pack, canned and drained or fresh, peeled and sliced
20ml lemon juice
450g unsaturated fat spread
450g granulated sugar
400g (8) eggs, beaten
400ml cold water
1kg self raising flour
360g wholemeal flour
40g milk powder
30g baking powder
10g (10tsp) ground cinnamon

Method

1. Pre-heat the oven to 180oC/350oF/gas mark 4. Line two tins.
2. Mix the banana and apple together with the lemon juice and set aside.
3. Cream the spread and sugar. Beat in the eggs, water and the fruit mixture.
4. Fold in the flour, milk powder, baking powder and cinnamon. Mix well and turn into the two tins.
5. Bake in the oven for 45 minutes-1 hour or until firm to the touch and golden brown. Cool slightly then turn out onto a wire rack to cool completely.

Serving suggestion: with custard or low-fat natural yoghurt.



Number of portions this recipe makes:

95 primary servings (45g)
78 secondary servings (55g)



Prep: 15 minutes
Cook: 45 minutes to 1 hour



Allergy information:

Egg, milk, wheat (gluten)



Top Tips

Use ripe bananas. They are sweeter and easier to mash.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats and ensure at least 50% of desserts provided are based on fruit.