



BANANA CAKE

Fruit-based dessert: this recipe contains 50% fruit and counts toward the fruit-based dessert standard

Recipe adapted from: George Dixon Primary School and CityServe Direct Services.

Ingredients

4kg bananas, peeled
1.1kg soft vegetable fat spread
12 eggs
1.5kg self-raising flour
500g dark brown sugar
15g cinnamon
800g raisins

Method

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Mash the bananas and combine with the fat spread in a mixing bowl.
3. Lightly whisk the eggs and gradually add to the banana mixture.
4. Add the flour, sugar and cinnamon and combine.
5. Add the raisins before pouring the mixture into lightly greased shallow tins.
6. Bake in the oven for 90 minutes until golden brown and firm to the touch.
7. Remove from the oven and allow to cool before slicing into portions.

Serving suggestion: use raspberries in summer and plums in winter.



Number of portions this recipe makes:

32 primary servings (65g)
26 secondary servings (75g)



Prep: 10 minutes
Cook: 0 minutes



Allergy information:

Egg, milk, wheat (gluten)



Top Tips

Over ripe bananas are best.

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 a low fat spread based on unsaturated fats.