

23 Bananas



When choosing bananas, remember that to be ripe enough to eat, the skins must be all yellow with no green bits near the stalk. Also, the riper they are the better they taste – sweeter and more fragrant.

A really ripe and ready-to-eat banana will have little brown freckles on its yellow skin, but be warned: ripe and ready means just that, so eat it soon or it might be a little too ripe tomorrow! Remember, too, that bananas come from hot countries and hate the cold, so never, ever put them in the fridge, as the shock of it turns them black.



Banana and Oatmeal cake

serves

Preparation and cooking time: total 1 hour 45 minutes

6

Ingredients

- 75g rolled oats
- 225ml milk
- 275g flour
- 50g sugar
- 5 tablespoons baking powder
- 2 teaspoons bicarbonate of soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 50ml sunflower oil
- 2 medium eggs
- 2 teaspoons vanilla essence
- 4-5 mashed bananas
- (dried fruit - optional)

Method

- Preheat the oven to 180°C/Gas Mark 4
- Combine the oats and the milk. Set aside.
- Mix the dry ingredients (some dried fruit can be added at this stage)
- Add the oil, eggs, vanilla and banana to the oats and milk. Once mixed, add the wet mixture to the dry ingredients and stir only until the flour is moistened
- Fill a greased loaf tin and bake for about 90 minutes

Alternatives

To make muffins: Spoon the mixture into small paper cases and bake for about 35 minutes or until golden brown.