

24 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 Carrot cake

serves

Preparation and cooking time: total 1 hour 15 minutes

6

Ingredients

For the cake:

- 2 medium eggs
- 125g sunflower/vegetable oil
- Juice of 1 orange
- 1 large banana, mashed (over-ripe bananas are best)
- 200g carrots, peeled and grated
- 125g sultanas
- 1/2 teaspoon ground cinnamon
- 175g wholemeal self raising flour
- 1 teaspoon baking powder

For the topping:

- 2 large bananas
- 1 tablespoon lemon juice
- 175g soft cheese (like Philadelphia extra light)

Method

- Pre heat the oven to 180°C/Gas mark 4
- Beat together all of the cake ingredients until well blended
- Spoon into a greased and base lined 20cm loose bottomed cake tin
- Bake for 1 hour or until a skewer inserted into the centre of the cake comes out cleanly
- Turn out and cool on a wire rack. Remove the lining paper
- To make the topping, mash one of the bananas until pulpy, then beat into the cheese
- Spread on top of the cake. Slice and arrange the remaining banana and toss in the lemon juice to prevent discolouring. Arrange round the edge of the cake

Alternatives

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