Banana Bread

Ingredients:

3 large, overripe bananas

75g vegetable oil

100g brown sugar

220g plain flour

3 teaspoons baking powder

3 teaspoon cinnamon

50g dried fruit or nuts
(optional, but very tasty!)

Equipment:

mixing bowl

wooden spoon

loaf tin

baking paper

aluminium foil

fork

teaspoons

oven

wire rack

Method:

1. Ask a grown-up to preheat the oven to 200 /Gas Mark 6.

2. Grease and line a loaf tin with baking paper and set to one side for later.

3. Mash the bananas using a fork in a mixing bowl. There should be no big chunks left.

4. Mix the bananas with the vegetable oil and brown sugar.

5. Add the flour, baking powder and cinnamon to the mixture. Mix well with a wooden spoon.

6. Add the fruit and nuts, if using.

7. Pour the banana bread mixture into the greased loaf tin and carefully place in the oven.

8. Bake for 40 minutes, checking halfway through to cover with aluminium foil if the loaf is turning brown on top. After 40 minutes, check the loaf is ready by inserting a skewer and checking it comes out clean.

9. Leave to cool 30-45 minutes on a wire rack before slicing.