



## Banana bread with Safe Food Ireland

### New Directions: Maximising Independence

Name:

Date:

#### Ingredients:



50g brown sugar



1 tsp of baking soda



188g plain flour



3 bananas



1 egg



1/2 tsp of salt



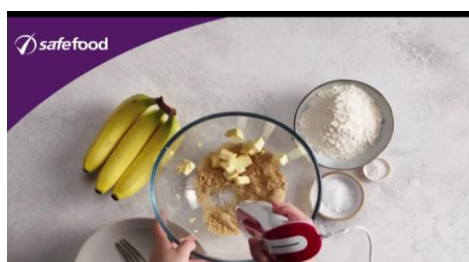
60g margarine



1 tsp of baking powder



1. Start by adding sugar and brown sugar



2. Next add the margarine and mix together



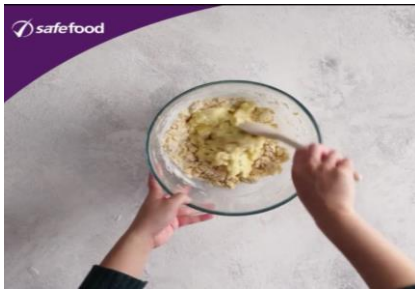
3. Crack the egg and add to the mixture



4. Peel the 3 bananas and mash with a fork



5. Add the plain flour, baking powder, salt and mix together



6. Add the mash banana and mix all together



7. Put your mix in a greased baking tin. Cook for 60-70 minutes at 160 degrees