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Posted on 26 August 2013  
*by ewfood*

## Banana Loaf



## Ingredients

2 bananas  
1 tsp bicarbonate of soda  
30ml hot milk  
125 butter  
175g caster sugar  
2 eggs  
225g flour, sifted  
1 tsp baking powder  
**Preparation Time**  
80  
min

## Preparation

- 1 Preheat the oven to 180 C. Grease and line 1 kilo of loaf tin.
- 2 In a mixing bowl, mash the bananas thoroughly. Set aside.
- 3 Dissolve bicarbonate of soda in hote milk and then mix with the banana.
- 4 Add caster sugar, butter, eggs, flour and baking powder. Mix thoroughly for 2 minutes until well distributed.
- 5 Turn the mixture into the loaf tin and bake until the loaf has risen. Approx. 1 hour (Test if well baked by inserting a skewer into the centre
- 6 it should come clean)
- 7 Note:
- 8 You can freeze the banana during the weekend and have it sliced during the week for a great lunchbox treat.

## Cooks Note

Preparation time: 80 minutes

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