



early start



## Banana Bread

This Banana Bread is a great way of using up the ripest of bananas. It's full of flavour and a perfect snack. It's a fantastic recipe to make with your little ones, as they can practice basic cooking skills, such as measuring, mixing and chopping.

### Ingredients

- 125g self raising flour
- 1/2 tsp baking powder
- 2 tsp ground cinnamon
- 75g sultanas
- 50g butter, melted
- 2 tsp vanilla essence
- 1 egg
- 1 tbsp milk
- 3 ripe bananas, mashed

### Equipment

- Scales
- Mixing Bowl
- Wooden spoon
- Measuring spoons
- Loaf tin
- Baking paper
- Child-friendly knife
- Fork or whisk
- Chopping board



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## Recipe Method

1. **Parent-** Preheat your oven to 180°C/160°C fan or Gas mark 4
  2. **Parent and Child-** Grease and line a baking tin with parchment
  3. **Child-** Weigh out the flour, baking powder, cinnamon and sultanas. Add all the ingredients to a bowl and mix together with a wooden spoon
  4. **Parent and Child-** Add the butter, vanilla essence, egg, milk and mashed bananas to a separate bowl and mix together with a whisk or fork
  5. **Child-** Pour the 'wet' banana mixture into the 'dry' flour mixture and combine thoroughly with a wooden spoon
  6. **Parent-** Pour the mixture into the prepared tin and bake for 30 - 40 mins or until a skewer inserted in the middle comes out clean
  7. **Parent** - allow to cool in the tin for 10 mins and then turn out
  8. **Parent-** Take a picture of your creation to share with us on social media
  9. Sit and enjoy the Banana Bread together!
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## Opportunities for Learning

**Develop cooking skills:** measuring, mashing, chopping, mixing, pouring, scooping, spreading

**Learning-** ask your child questions, such as:

- what numbers can you see on the scale?
- what happens when we mix these ingredients together?
- what does this food feel like?
- what shape is this?
- why is this food good for us?