



Baking



**Children's Mental Health Week
1-7 February 2021**

EXPRESS YOURSELF

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If there's one thing that I've become an expert on these past 6 or so months, its how to bake banana bread. Its probably the most versatile recipe out there. Whatever delicious things you've got in the cupboard you can throw it into the mix and have something special. Chocolate chips, pecans, walnuts, cranberries, blueberries, raisins, apples, peanut butter, cocoa powder, anything tasty.



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Here are some links to some recipes to get you started:

Classic

<https://www.bbcgoodfood.com/recipes/brilliant-banana-loaf>

Vegan

<https://www.bbcgoodfood.com/recipes/vegan-banana-bread>

Gluten-free

<https://www.bbcgoodfood.com/user/5529476/recipe/gluten-free-banana-bread>





Here are the steps for the classic banana bread recipe:

You will need,

- 140g Butter
- 140g Sugar
- 2 Eggs
- 140g Self-rising Flour
- 1 tbs Baking Powder
- 2 Ripe Bananas, mashed
- Toppings/Fillings



Set your oven to 180c.
Butter a loaf tin.



Line the tin with baking
parchment.



Cream the butter and sugar until
it is light and fluffy.



Add both of the eggs and some of
the flour, mix.



Fold in the remaining flour,
along with the baking powder
and mashed banana.

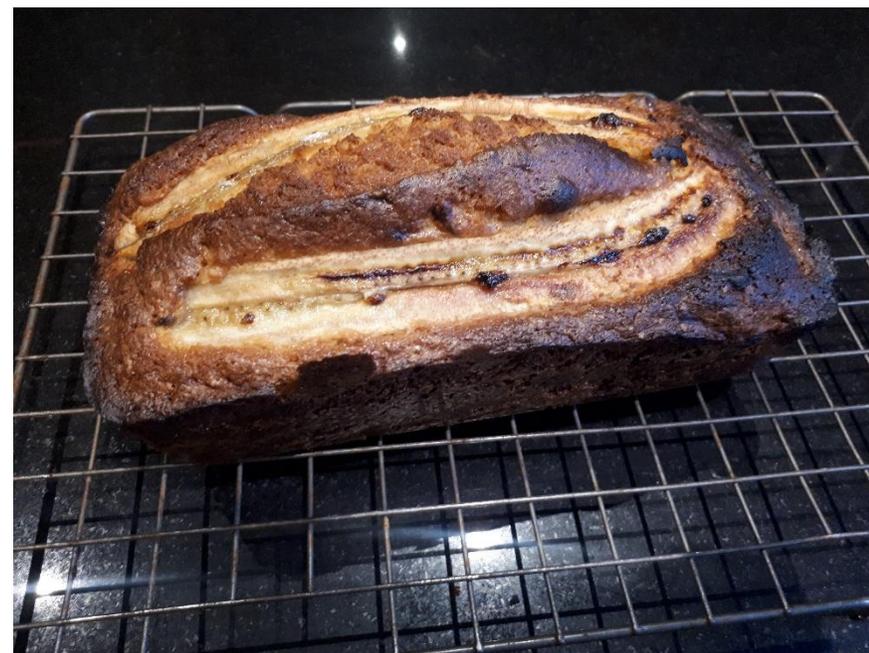
If you would like to personalise
your banana bread you can add
fillings at this point.
Chocolate chips, pecans, walnuts,
cranberries, blueberries, raisins,
apples, peanut butter and cocoa
powder are all good options.



Once all incorporated,
pour into your tin.



I've added a whole banana sliced in half
on top for decoration. Place in the oven
for 50 minutes or until you can insert a
skewer into it which comes out clean.



Ta-da!



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Please send your pictures too:

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