



Banana bread

Prep: 10 minutes • Cook: 45 minutes • Serves: 10



Ingredients

1 ripe banana (120g without peel)
1 egg
½ teaspoon vanilla extract
100g unsalted butter, softened
60g light soft brown sugar
120g gluten-free plain flour
1 teaspoon bicarbonate of soda
1 teaspoon cream of tartar
60g dried cranberries

- 1 Pre-heat oven to 190°C/170°C fan / gas mark 5. Grease and line a 450g loaf tin.
- 2 Beat the egg and mash together with the banana and vanilla extract.
- 3 In a separate bowl, cream together the butter and sugar.
- 4 Add the banana mixture to the creamed sugar and beat together.
- 5 Mix in the flour, bicarbonate of soda and cream of tartar and cranberries. Stir well to combine.
- 6 Pour into the prepared baking tin and bake for 40-45 minutes or until a skewer comes out clean. Leave to cool in the tin for 5 minutes before turning out on a wire tray to cool.

Nutritional info

Low phosphate **X**
Low potassium **✓**
Carbohydrate **19g**
Low protein **✓**
Low salt **✓**
Cost per portion (July 2024) **35p**
Energy in kcals **158**