

malted chocolate and banana cake

by Bed ZED Pavillion
Toddler group

what you will need

2 ripe bananas
50g/2oz soft margarine - sunflower/olive oil types
1 cup of semi skimmed milk
2 eggs, beaten
300g/12oz plain flour (use half wholemeal)
3 teaspoons baking powder
Pinch of salt
50g/2oz malted chocolate drink powder
50g/2oz sultanas (or apricots chopped)
25g/1oz brown sugar

Preparation time = **15mins**

Cooking time = **30mins**

Cost per cake = **£2**

get cooking

Lightly grease a baking tray and preheat oven to 180C/ gas mark 4.

Peel and mash the bananas in a bowl.

Add the soft margarine and mix well.

Sift the flour, baking powder and salt and add to the egg and banana mixture.

Stir in the chocolate powder and sultanas.

Pour onto the baking tray and smooth over.

Sprinkle with a little brown sugar.

Bake for about 30minutes until light brown and firm to the touch.

Allow to cool a little and then cut into squares.

alternatives

Leave out the chocolate drink powder and add a handful of walnuts to make banana and walnut cake.

top tips

Eat as a treat. This cake is high in calories.



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