

## NUTRITION: Lazza's Kitchen Adventure Banana, Coconut and Blackberry TrayCake

A Brand NEW Recipe from Lazza's Kitchen.  
Lazza made his first ever Banana, Coconut, Blackberry TrayCake from scratch

Bananas are loaded with valuable micronutrients, especially potassium, which is one of the most important electrolytes in the body. Potassium helps to regulate heart function as well as fluid balance which is a key factor in managing blood pressure. They also contain various antioxidants and plant compounds. Unripe bananas are also rich in resistant starch and pectin, which can provide numerous health benefits

### Ingredients

Bananas - I used four  
250g Caster Sugar  
125g Unsalted Butter  
2 Eggs  
250g Self Raising Flour  
100g Desiccated Coconut  
Blackberries to fill base of one tray

This is probably one of the easier bakes I will make, but I still managed to make my own take on it.

Heat the oven to 190 c or gas mark 5 and grease and line two deep-sided baking trays.

Cream the mashed bananas and sugar together in a mixer until fluffy

Add the butter and beat until evenly combined.

Add the coconut and whisk it in gently.

Beat in the eggs, one at a time. Adding a spoonful of flour with each.

Sift in the remaining flour, then carefully fold in.

Into the base of one of the trays pour in the blackberries so they cover the whole area.

Spoon the mixture into the baking trays, ensuring the blackberries are covered in that one.

Bake each separately for around 25-30 minutes (check after 25).

When they come out allow them both to be cool.

Up turn the blackberries bake so that they are at the top. Place the other back on top - to make a cake.

I was going to decorate with chocolate (hence in photo above) but decided to leave as it is.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.  
Why not try out some new recipes and foods yourself?  
More on HMHB recipe pages: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)  
This was a great and very tasty bake to prepare.