

NUTRITION: Lazza's Kitchen

Banana Loaf

Another New Recipe from Lazza's Kitchen.
Today he makes his first ever Banana Loaf from scratch

National Banana Bread day is February 23. Bananas appeared in the US in the 1870s and it took a while for them to appear as ingredient items for desserts. The modern banana bread recipe began being published in cookbooks around the 1930s and its popularity was greatly helped by the introduction of baking powder on the market



100g/3oz unsalted softened butter
175g/6oz caster sugar
2 eggs
2 ripe bananas
225g/8oz self-raising flour
1 teaspoon baking powder
2 tablespoon milk
I also added some vanilla essence
(note pic has more ingredients as I made two)

Lightly grease the loaf tin and line it with non-stick baking parchment.

Pre-heat the oven to 180°C/350°F/Gas Mark 4.

Measure all the ingredients into a mixing bowl and beat for about two minutes, until well blended;

An electric mixer is best for this but of course you can also beat by hand with a wooden spoon.

Spoon the mixture into the prepared tin and level the surface.

Bake for about one hour, until well risen and golden brown. A fine skewer inserted in the centre of the cake should come out clean.

Leave the cake to cool in the tin for a few minutes, then loosen with a small palette knife and turn the cake out. Remove the lining paper and leave on a wire rack to cool completely. Slice thickly to serve.



These banana loaves came out so well.
They were moist, with a terrific texture.
I took them to my exercisers and handed slices out, and the general consensus was that they tasted fantastic.

It's a basic cake recipe base, but make sure your bananas are ripe, soft, and squidgy.

During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
This was a great and very tasty bake to prepare.