

NUTRITION: Lazza's Kitchen Adventure

Date and Banana Traybake

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever version of Date and Banana Traybake from scratch

Dates contain several types of antioxidants that may help prevent the development of certain chronic illnesses, such as heart disease, cancer, Alzheimer's, and diabetes. Dates are high in fibre, which is beneficial for preventing constipation and controlling blood sugar. Dates are a source of bone-friendly minerals including phosphorus, potassium, calcium and magnesium. They are also a source of vitamin K which is needed for healthy, strong bones.

Ingredients

200g finely chopped dates
1 teaspn. Bicarbonate of Soda
150g Unsalted Butter
150g Dark Brown Soft Sugar
3 ripe bananas
Good long squeeze of Honey / or Golden Syrup
200g Self Raising Flour
4 Eggs
1 teaspn. Baking Powder

This is a nice easy traybake.

In a small heatproof bowl mix the dates, bicarbonate of soda and 150ml just-boiled water. It will start to effervesce. Leave to soak for 10min, ensuring all the dates are covered with the water.

Preheat oven to 180°C (160°C fan) mark 4 and thoroughly grease your tins or trays.

Sprinkle the 3-4 tablespoon of brown sugar into base of the greased tin, then arrange the sliced bananas on top. This will caramelize nicely.

In a large bowl, using a handheld electric whisk, beat the butter and sugar until light and fluffy, about 5min. Beat in the honey/golden syrup and eggs. Next beat in the flour and baking powder.

Drain the dates and then add them to the mixture, stirring them in. Carefully spoon batter into the tin, on top of the bananas, and smooth to level.

Bake for 35-40min, or until a skewer inserted into the centre of the cake comes out clean. Leave to cool in the tin for 5min.

Then upturn it and the banana pieces will now be on top.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
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This was a great, and very tasty, bake to prepare.