



INGREDIENTS

300 g of bananas

(the riper the better, you can collect them in your freezer until you have enough)

300g self raising flour

265g caster sugar

225g rapeseed oil

3 medium eggs

5 g bicarbonate of soda

¼ tsp of ground cinnamon

5g vanilla extract

Rolled oats and demerara sugar for decoration

METHOD

This really is an easy recipe to produce and I love a slice of banana bread and a coffee as a mid-morning snack before lunch service at the club. You can't beat a little caffeine and sugar hit before things get busy.

First, I line two bread loaf tins with grease proof paper. I then spread a little butter around the tin first to help it stick.

Next beat the sugar and banana together to make a puree using a food processor. It doesn't matter if there are a few lumps.

Then slowly add the eggs one by one followed by the oil and vanilla extract.

Now scoop it out in to a large bowl and fold in the flour, bi-carb and cinnamon until you have a nice smooth batter.

Finally divide the mix into the two loaf tins and sprinkle with the rolled oats and demerara sugar.

Bake at 150c for 35 to 40 min until golden brown and firm to the touch. To make sure it's ready, insert a skewer into the middle and make sure it comes out clean.

Now here is the hard part! Turn the loaves out on to a cooling rack and let them rest for at least 30 minutes before cutting a slice and eating it.