



Banana Cake

Makes 12 Child Sized Portions

Preparation time: 15 minutes

Cooking time: 30 to 35 minutes

Preheat oven to 350°F (180°C)

Potential common allergens: milk, egg, wheat



Nutrition Information

Calories	200 calories
Total Fat	5 g
Carbohydrate	20 g
Fibre	1 g
Protein	4 g
Sodium	199 mg

Equipment List

- Large bowl
- Medium bowl
- Measuring cups & spoons
- Electric mixer or mixing spoon
- 9-inch spring form or square cake pan with non-stick coating

What You Need

INGREDIENTS	AMOUNTS	METRIC
Soft margarine	¼ cup	60 mL
Granulated sugar	¾ cup	175 mL
Eggs	2	2
Vanilla	1 tsp.	5 mL
Bananas, ripe and mashed	2 cups	500 mL
Orange rind, grated (optional)	1 tsp.	5 mL
All-purpose flour	2 cups	500 mL
Baking powder	2 tsp.	10 mL
Baking soda	1 tsp.	5 mL
Buttermilk or sour milk * (see Tip for Unavailable Ingredients)	½ cup	125 mL

Instructions

1. In large bowl, cream margarine. Add sugar and beat well. Add eggs one at a time, beating well after each addition. Beat in vanilla, bananas and orange rind (if using).
2. Mix together flour, baking powder and baking soda in medium bowl. Beat into egg mixture alternately with buttermilk.
3. Spray 9-inch (2.5-L) spring form or square pan with non-stick coating. Spoon in batter.
4. Bake in 350°F (180°C) oven for 40 minutes or until cake springs back when pressed in centre or until tester inserted in the centre comes out clean. Let cool in pan for 10 minutes; remove from pan and let cool on rack.

* **Sour milk** = ½ cup (125 mL) plain milk + 2 tsp. (10 mL) white vinegar or lemon juice, stir and let stand for 10 minutes.

Recipe taken from Bake Better Bites