

AUTUMN SHOW 2017

BANANA & WALNUT LOAF - MEN ONLY

Ingredients

100g (4oz) butter, softened, plus extra for greasing

140g (5oz) light muscovado sugar

2 eggs, lightly beaten

100g chopped walnuts

2 ripe bananas, mashed

2 tablespoons milk

200g (8oz) self-raising flour

METHOD

Preheat the oven to 180c/350f/160cfan/gas4.

Grease and line a 900g (2lb) loaf tin.

Cream the butter and sugar, and then add the eggs.

Set aside 25g walnuts, then fold the rest into the creamed mixture with the bananas and milk.

Fold in the flour.

Spoon into the tin and sprinkle over the reserved walnuts.

Bake for 55mins-1hour until risen. Let stand for 10mins, then turn out, remove the paper and leave to cool.

