

Nutritionally balanced,
lovingly created Kindred Recipe

Banana Bread

Feeds a family of 5

Ingredients: 3 x peeled bananas
1 x large egg
100g plain flour
1 x teaspoons baking powder

50g oats
1 x tablespoons caster sugar
1 x teaspoons vanilla extract

Method:

1. Pre-heat the oven to 190°C/375°F/Gas mark 5. Grease and line a loaf tin
2. Mash the banana
3. Add the egg to the banana and mix well
4. Sieve the flour and baking powder and fold into the banana mixture then add the oats, sugar and vanilla extract
5. Pour the mixture into the tin
6. Bake for 15 minutes until cooked through and firm to touch
7. Cool on a wire rack. Slice and serve

All of our meals are homecooked and endorsed by qualified Nutritionists in partnership with Action for Children campaign 'Eat better, Start better' to meet the voluntary food and drink guidelines set by the Government.



AUTUMN/WINTER
MENU
2020/21