

THIS WEEKS BAKE!

'Yogurt Pot Banana Cakes'

These are a great little make for children of all ages, even very small children should be able to make these entirely on their own.

No scales required, just a yogurt pot for measurement. Nor any fancy ingredients. If you don't have bananas sub them for something you do have, a couple of chopped apples or pears, sliced tinned peaches, apricots or pineapple. The same goes for the raisins, sub for sultanas, chopped dried apricots or chopped fresh fruit. Sub the sunflower oil for any cooking oil. Use any sugar you have! If you have self raising flour use instead of the plain flour and baking powder. If you don't have fairy cake tins make into a larger loaf or cake.



INGREDIENTS to make 12 – 14 small cakes:
 1 small pot of Natural or Fruit Yogurt (about 100 to 125g pot but a little less or more is fine)
 2 Eggs
 Sugar
 Plain Flour
 3 teaspoons Baking Powder
 Raisins
 Sunflower Oil or other cooking oil
 2 very ripe Bananas

BANANA FACTS!

- Bananas are an excellent source of potassium and supply vitamin B6, fibre and carbohydrate, and some vitamin C
- 5 billion bananas are eaten in the UK each year!
- Bananas grow on plants that are officially considered a herb.
- The banana is actually classified as a berry.



What else can you make or bake with Bananas?



- Banana Splits
- Banana Loaf Cake
- Banoffee Pie
- Banana Milkshake or Smoothie
- Banana Pancakes
- Banana Icecream
- Fruit Salad

Never throw brown over-ripe bananas away, use them in smoothies or banana cakes. Or take off the peel, break into chunks, pop in a bag and freeze to use up another time. When frozen they can be made into delicious instant ice cream or super-cold smoothies.



METHOD:

1. Preheat your oven to 180C/160C fan/Gas Mark 4.
2. Line a fairy cake tin with cake cases.
3. Tip and scrape out the yogurt from the yogurt pot into a large mixing bowl. Wash and dry the pot.
4. Crack the eggs into the mixing bowl with the yogurt, lightly whisk the eggs into the yogurt with a fork.
5. Now use the yogurt pot to measure the rest of the ingredients and add to the eggs/yogurt:
 1 pot sugar
 3 pots plain flour
 1 pot raisins
 1 pot sunflower oil
 Plus 3 level teaspoons of baking powder
6. Mix all the ingredients together with a wooden spoon or tablespoon.
7. Peel and mash the bananas with the back of a fork on a plate. Scrape into the cake mix and give everything a good stir.
8. Using a dessertspoon, spoon the mixture into the cake cases.
9. Getting a grown up to help, place the tin in the hot oven and bake the cakes for around 20 minutes until well risen and golden on the tops.

THE GREAT BANANA QUIZ

If you don't know the answers, ask Google and find out on the internet!

- Q. Which countries and continents do bananas grow in?
- Q. From what part of the World did they originate from?
- Q. What colours can bananas grow in?!
- Q. How many bananas are eaten each day across the World?

Use Up Your Leftovers!

In each Recipe Box there are a few extra leftover ingredients - here are a few ideas to use them up in different meals and dishes. Just search the ideas on the recipe sites listed at the bottom of the page or on Google and you should find plenty of tasty recipes.

DRIED OREGANO

Oregano is a type of herb used in lots of Italian dishes, it is especially delicious with tomatoes
Add it to **pasta sauces** or on top of **pizzas**
Add a little to **soups** and **stews** to give them a little Italian twist!
Add to **salad dressings**, use oregano to make a **Greek salad**
Save a little for Week 3 Lasagne Week!



TOMATO PUREE

Enrich tomato **soups or sauces** (including **bolognese sauce**) or any **stews or curries** with a little concentrated tomato puree
Use it as a tomato topping to make your own **pizzas**
Save a little to use in Week 2 Korma Curry Week!



Cut into strips to eat as a **snack** and to dip into tasty dips like hummus, guacamole or salsa. Steam or boil and eat as a **veggie side** to any dinner
Add carrots to **stir fries, curries, stews or pasta sauces**

CARROTS

Use them to make a tasty **soup**
A homemade **coleslaw**

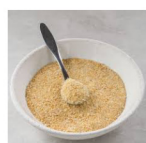


EGGS

Scrambled Eggs, Poached, Fried or Boiled Eggs with soldiers, what's your favourite?
How about making an **omelette**, give your omelette a European twist by making a **Spanish Tortilla** or **Italian Frittata**
Use the eggs to make a **quiche** or a **tart**
Bake a cake, **how about the Banana Cakes on THIS WEEKS BAKE recipe**

GRANA PADANO or PARMESAN CHEESE

These are both Italian hard cheeses and are best grated using a fine grater
Scatter the grated cheese over any **pasta dish** to give it an Italian flavour
Use to make a **carbonara sauce** for pasta
Combine with breadcrumbs to make a delicious coating for homemade **chicken goujons**



BREAD CRUMBS

Use bread crumbs to make **homemade fish fingers, chicken goujons or fish cakes**, they are all easier to make than you might imagine, and tastier too than shop boughts!

GARLIC

How about having a go at making homemade **garlic bread**
Add chopped or crushed garlic to any **soup, pasta sauce, stew or curry**. A bit like onions garlic is used as a base in so many dishes!
Add it to a salad dressing for a delicious garlicky hit!



OLIVE OIL

Use olive oil as a cooking oil when making **soups, stews, casseroles or curries**
Make **salad dressings**
Save a little to use in Week 3 Lasagne Week!

Need some more recipe ideas or inspiration? Then check out the sites listed below. Stuck with a tricky to use up ingredient? Then please do email me at louisa@growinglocal.org.uk and I'll gladly help you come up with some ideas!

BBC Good Food: <https://www.bbc.co.uk/food>

Jamie Oliver: <https://www.jamieoliver.com>

Jack Monroe: <https://cookingonabootstrap.com/>

Growing Local: <http://growinglocal.org.uk/recipes/> Eat Your Veg <http://www.eatyourveg.co.uk>

WISH Herefordshire <https://www.wisherefordshire.org/keeping-well-staying-healthy/healthy-lifestyles/healthy-eating/cooking-at-home/>



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