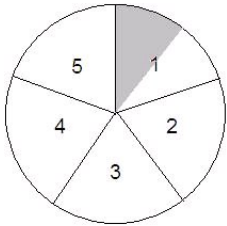


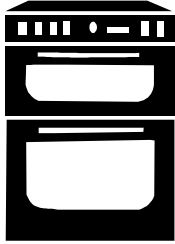
Banana & Date Loaf

Serves Makes approximately 8 slices

Portions of fruit & vegetables per serving: ½



Oven needed



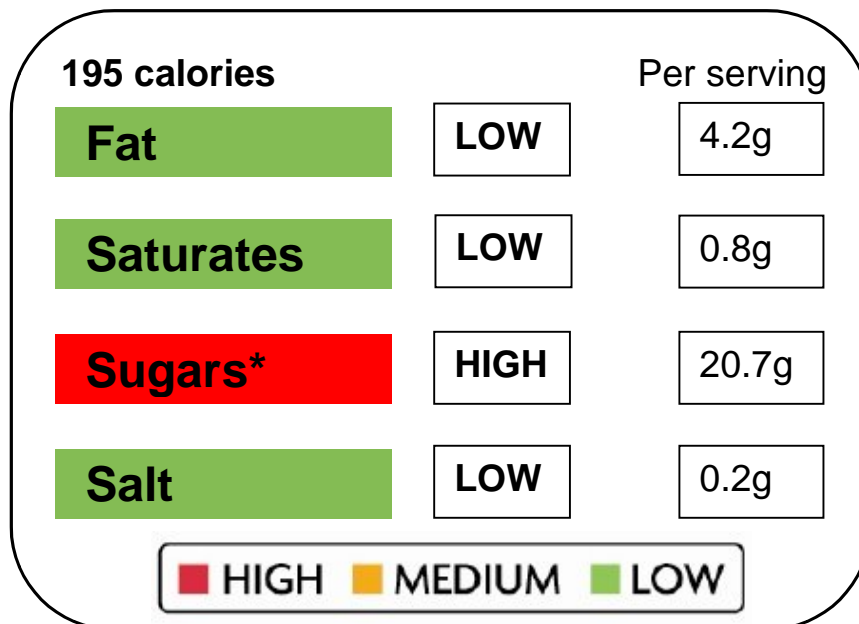
Ingredients	Amount	Preparation
sugar or sweetener	25g (1oz)	
margarine	25g (1oz)	
self raising flour	125g (4½oz)	sieved
rolled oats	50g (2oz)	
bananas	3 medium	Peeled and mashed
dates	12	stone-out and chopped
egg	1 medium	beaten

Please Turn Over



Method

- 1 Preheat the oven to gas mark 3 / 160°C / 325°F.
- 2 Put the sugar and margarine in a bowl and beat together until creamy.
- 3 Add all the other ingredients and mix with a wooden spoon for 2-3 minutes.
- 4 Line a small loaf tin with greaseproof paper and add the mixture.
- 5 Bake on the middle shelf of the oven for about 40 minutes, until risen and light brown in colour.
- 6 Turn out of the tin and leave to cool. The loaf is ready to slice and enjoy.



* These sugars are 'natural sugars', which occur in foods such as fruit. Although all sugars can cause tooth decay, fruit has many benefits. Try to restrict foods high in natural sugar to mealtimes only, and cut down on foods high in 'added sugar' such as sweets, cakes and biscuits.

Handy Hints

- Try serving with low fat natural yoghurt and some slices of banana for a tasty dessert.
- Use wholemeal flour for a healthy wholemeal loaf.

