

SUGAR-FREE BANANA AND SULTANA CAKE (v)

There are lots of recipes for Banana and Sultana Cake. This one is for those wishing to make the cake without adding any sugar in addition to that already contained in the fruit.

Suitable for freezing

Prep time 10 mins

Cook Time 30 - 40 mins

INGREDIENTS

150g self-raising flour (wholemeal preferably)

1 tsp baking powder

2 tsp ground cinnamon

50g melted butter

2 tsp vanilla essence

2 eggs

1 tbsp milk

3 small ripe bananas (or 2 large) mashed

50g sultanas

METHOD

1. Line a loaf tin. Preheat oven to 180°C or 160°C Fan, Gas Mark 4.
2. Mix all ingredients (except sultanas) in a large bowl with a handheld mixer for 2 minutes.
3. Add sultanas.
4. Pour into the prepared tin and bake for 30 - 40 minutes

