



**Banana & blueberry bread, cake and muffin recipes**  
**AMBER** rated

**Banana & blueberry bread**

2 large bananas (mashed)  
1 cup blueberries  
1/3 cup caster sugar  
2 eggs, lightly beaten  
60mL oil (light olive, sunflower, canola etc.)  
60mL reduced fat milk  
3/4 cup wholemeal SR flour  
2/3 cup SR flour

Method:

- Preheat oven to 190 degrees C or 170 degrees C fan-forced. Lightly spray a 22cmx12cm loaf tin and line base, allowing paper to hang over long edges.
- Combine banana, blueberries, sugar, eggs, oil and milk and sift in flour. Stir until just combined.
- Spoon into prepared tin and bake for 1 hour.
- Stand in tin for 10min before turning out onto a wire rack.

**Banana Cake or Muffins**

2 tablespoons healthy margarine  
2 tablespoons milk  
3 mashed bananas  
1 cup SR white  
1/2 cup wholemeal SR flour  
1 egg  
1/2 cup sugar

**Banana and Bran Muffins**

1 1/2 cups wholemeal SR Flour  
1 1/2 cups unprocessed bran  
1/2 teaspoon mixed spice  
1/4 cup brown sugar  
2 tablespoons oil  
3 bananas  
1 egg beaten

½ cup light milk

½ cup natural yoghurt

Method for both the above recipes:

Place all ingredients listed in a large bowl, mix together until just mixed (the trick is not to over mix them) and place two tablespoons of mixture in muffin papers in a muffin tray. Spraying the muffin paper first is a good idea to prevent sticking. Cook at 180 C for approx. 20 minutes.