Ingredients

- 2 cups self-raising flour
- 1 tsp ground cinnamon
- 1/2 cup brown sugar
- 4 ripe bananas, well mashed
- 125g butter, melted, cooled
- 2 eggs, lightly beaten
- 1/4 cup milk
- 1 tsp vanilla extract





Directions Step 1

- Preheat oven to moderate, 180C.
- Lightly oil and line a 10 x 20cm loaf pan.
- Sift flour and cinnamon together into a large mixing bowl.
- Stir in sugar.



Lunchbox Banana Bread

People with Down Syndrome

Step 2

- In a large jug, combine banana, butter, eggs, milk and vanilla.
- Using a wooden spoon, lightly mix banana mixture into flour mixture until just combined.

Step 3

- · Pour into pan, smoothing the top.
- Bake for 40-45 minutes, until cooked when tested with a skewer.
- Cool in pan for 5 minutes before turning onto a wire rack to cool completely.







