

Beautiful Banana Cake

Ingredients

1lb 3oz **very** ripe bananas
3 Egg Whites
4 oz Raisins (preferably Dole as they have no oil on & are juicier)
8 oz Self Raising Flour (Preferable wholemeal)
2 cups of sugar replacement (canderel, nutra sweet etc)
2-3 teaspoons cinnamon
Few drops of vanilla (optional)
2 - 4 tablespoons chopped nuts (optional)
honey to drizzle (optional)

Method

Pre heat oven to 180 degrees / Gas Mark 4

Grease a loaf tin, then cover with grease proof paper leaving sufficient sides to cover the cake over. With a few drops of Virgin Olive Oil on a piece of kitchen roll wipe the grease proof paper.

Mash the bananas in a bowl.

Whisk egg whites a little, then mix in with the banana.

Add sugar. Stir then add 2 teaspoon of cinnamon, vanilla and raisins.

Fold in the flour lifting it high to get lots of air in the mixture.

Once well combined, pour in to the loaf tin.

*Sprinkle the top with the chopped nuts, a generous teaspoon of cinnamon and then drizzle with approx 1 tablespoon of honey (*all optional)

Cover the cake over loosely with the over hanging grease proof paper & place in oven for approximately 1 hour - 1 hour 10 minutes, uncovering the cake for the final 10 minutes.