

Banana and Lime Cake

Serves 10-12

Ingredients:

300g self raising flour
115g light muscovado sugar
1 tbsp lime zest
1 tbsp lime juice
1 banana
150ml fromage frais
1 egg, beaten
115g sultanas



Equipment: Mixing bowl, scales, Sieve, Mixing spoon, Grater, Tablespoons, 20cm Cake tin, lined with greaseproof paper

Method:

1. Pre-heat oven to 180 °C/Gas mark 4.
2. Grate lime zest, and squeeze the juice.
3. Peel the banana, place in a small bowl and mash with a fork.
4. Sift the flour into bowl, stir in sugar and lime zest.
5. Make a well in the centre of the dry ingredients and add the eggs, fromage frais, lime juice, sultanas and mashed banana.
6. Mix well until smooth
7. Spoon mixture into the tin and bake for 40-45 minutes, until firm to the touch.
8. Leave to cool for 10 minutes then turn out onto wire rack.

Total Cost: £1.65

Cost per portion: 17p

Checked 5/11/12 PM

