

# easy banana bread



## ingredients:

### banana bread

three large bananas, mashed  
2 eggs  
½ cup oil  
½ cup caster sugar  
1¼ cups of self-raising flour  
½ teaspoon baking soda  
½ cup chopped walnuts (optional)

### cream cheese icing (optional)

50g Philadelphia cream cheese  
30g butter softened  
¼ teaspoon vanilla  
1 cup icing sugar sifted  
½ tablespoon apricot jam

**step one:** Pre-heat the oven to 150°C (300°F) and prepare a standard sized loaf tin by coating the inside of it with butter and dusting with flour.

**step two:** In a large bowl, sift the flour and baking soda. Make a well in the middle and set aside.

**step three:** In another bowl, mash the bananas until all the lumps are removed. Add the eggs, oil and sugar and mix well to combine.

**step four:** Add the banana mixture to the bowl containing the flour and carefully mix to avoid spilling the flour. Once combined, give the mixture a good beating. It's ok to do this by hand using a sturdy wooden spoon. Add the walnuts now if you are including them.

**step five:** Pour the batter into the prepared tin and place in the oven for 1½ hours. Test with a skewer after 1 hour and again at 1 hour and 15 minutes, cooking for additional time only if necessary.

**step six:** While the bread is cooking, place all the ingredients for the cream cheese icing into a bowl and mix until smooth.

**step seven:** When cooked, do not turn it out of the tin immediately. Leave it in the tin and place it on the cooling rack for at least 20 minutes. When the tin has cooled, turn the bread out and leave to completely cool.

## helpful hints:

- Use old, over-ripened bananas for a full-bodied banana flavour.
- Any jam can be added to the icing.
- All ovens vary, be aware of how your oven cooks.
- Overcooking will make the bread dry.

*Enjoy!*