



LAKELOVERS

Summer Family Recipes from the
Lake District



Banana Bread

The perfect cake for packing up to enjoy on a picnic with the
family

INGREDIENTS

- 200g of softened butter
- 200g of golden caster sugar
- 4 medium eggs
- 200g self-raising flour
- 1 lemon
- 3 bananas
- 2 tbsp of pumpkin seeds
- 4 tbsp of porridge oats



HERE'S HOW

1. Place the butter and sugar into a mixing bowl and whisk together until nice and light and fluffy.
2. Add the eggs into the mixture one at a time making sure you mix together before adding the next egg as this is key to helping the mixture not to split.
3. In a small bowl mash the bananas up into a paste and add to the cake mixture.
4. Sieve in the flour and add the lemon zest and pumpkin seeds.
5. Finally fold the mixture together with a metal spoon, try not to over mix as the less you mix the lighter the cake will be when it's baked.
6. Pour the cake mixture into a non stick 2lb loaf tin.
7. Squeeze the lemon juice over the oats and mix together by adding the lemon. It will stop the oats burning and you will get a lovely texture to the top of the cake.
8. Bake in a pre-heated oven 170c fan oven for 25-30 minutes.

