

Yummy Banana Bread



What you need:

- 2 1/2 cups self-raising flour
- 3/4 cup brown sugar
- 1 cup milk
- 2 tbs margarine
- 1 tsp vanilla essence
- 3 bananas

Utensils:

Baking tin/pan, Mixing bowls, electric mixer, wooden spoon, baking paper, oven mitts, cooling rack.

Coming together to make and bake things is a time honored family and community tradition. In the kitchen, children become familiar with flavours, quantities, measurement, nutrition, safety, touch, taste, aroma, flavour! There's maths, literacy and creativity involved- especially when we are talking and describing things along the way.

Lifelong skills are formed in the kitchen when we allow children to observe, and better still, to participate. Food brings with it familiarity, surprise and delight. Sometimes it helps us to better understand what flavours we do and do not like. Banana bread it a wonderful thing to prepare with kids. They can mash up the bananas and help to whisk. As an added bonus, most kids (and big kids) love to eat it, too.

What to do:

Let's prep

- + Pre-heat the oven to 180°C and line a baking tray with baking paper or grease your baking tin/pan with cooking oil
- + Mash up your bananas in a bowl.

TIP! Save a few pieces of banana to top your batter before baking



Time to get mixing

See next page for step by step



Yummy Banana Bread



Prep



Mix



Enjoy!

OK, let's mix:

- + Combine milk, butter, vanilla, mashed bananas, flour and sugar in a bowl
- + Mix until batter is completely combined and looking moist
- + Pour into greased pan

Time to bake:

- + Bake for 30-40 minutes
- + Once cooked, remove from oven and allow cool
- + Once cool, cut into slices and ENJOY!

COOKING TIPS!

All ovens are different. The mixture can stay moist for a long time while cooking, so baking time can vary.

If you have a muffin tray, try making this batter into muffins! Bake for 25 mins instead of 40 mins.

This recipe uses an extra banana instead of using an egg, feel free to use one egg if you want - It will add a little more flavour and will help you bread grow a little bigger.



Playgroup
Victoria

www.playgroup.org.au

Photography by Bianca Jade Harrison

Pictured: Beau Jagger Harrison

