

Banana Bread (Haiti)

Dessert



This recipe makes
100 x 72g
or 75 x 96g
servings

25 minutes
prep time

1 hour 30 mins
cooking time

Ingredients

- 3400g Bananas
- 1100g Margarine
- 570g Dark brown sugar
- 1500g Self raising flour
- 15g Cinnamon
- 12 Eggs
- 740g Raisins

Method

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4
2. Peel and mash the bananas. Place the bananas and margarine in a mixer and combine using a low speed
3. Break the eggs into a small bowl and lightly whisk, slowly add to the mixture until all combined
4. Add flour, sugar and cinnamon and combine
5. Add the raisins and mix
6. Spread the mixture evenly between lightly greased shallow tins
7. Bake in the oven for approximately 1½ hours until golden brown and firm to touch
8. Remove from the oven and allow to cool in the tins before turning out
9. Portion accordingly and serve

100 Primary
or 75
Secondary
portions

Tip =
Using slightly
over ripe
bananas
produces the
best bread

**Contains
Vitamin A**

Recipe with
thanks to
Pamela
Lalbachan,
George Dixon
Primary school
and Cityserve
Direct Services

Nutritional content	Per 100g	Pri serving	Sec serving
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Energy kcal	280	202	269
Fat g	13.8	9.9	13.2
Saturates g	6.4	4.6	6.1
Carbohydrate g	38.1	27.4	36.6
NME sugars g	13.4	9.6	12.9
Fibre/NSP g	1.2	0.9	1.2
Protein g	3.5	2.5	3.4
Iron mg	1.3	0.9	1.2
Zinc mg	0.4	0.3	0.4
Calcium mg	92	66	88
Vitamin A ug	138	99	132
Vitamin C mg	2.0	1.4	1.9
Folate ug	7	5	7
Sodium mg	186	134	179