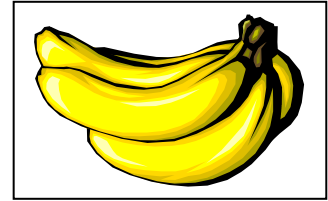


Banana Cakes

50g wholemeal and SR flour mixed
50g caster sugar
50g soft margarine
1 egg
½ banana



Oven:	190°C	Gas 5
Time:	15	mins

Method

1. Preheat the oven.
2. Place the flour, sugar, margarine and egg in a large glass bowl
3. **Beat** well until very soft, light and creamy
4. Mash the banana on a plate
5. Stir into the sponge mixture
6. Divide the mixture between 8 cake cases
7. **Bake** in the oven for 15 mins or until well risen and golden brown
8. Allow to cool on a wire tray

Instead of a traditional sponge cake, adding a banana and using wholemeal flour increases the amount of NSP in this recipe to 1g per cake.

Blueberries or other soft fruit can be added. Adding dried fruit to small sponge cakes would also increase the amount of NSP in the recipe.