



Bananas

Left bruised and darkened in the fruit bowl, bananas can do a good impression of being ripe for rejection. But don't be fooled. Bananas can still be used to power some tasty food.

Banana Bread

Half banana loaf and half banana cake, this creation is a real house pleaser - once baked it won't last long! Most of the ingredients will probably already be stored in your cupboards, and it's surprisingly simple to combine them all to make one delicious teatime treat.

To add to two ripe bananas, you'll need:

- 125g softened butter
- 150g caster sugar
- 1 egg
- 1 teaspoon of vanilla extract
- 190g of self raising flour
- 60ml milk

Use a little of the butter to line a loaf or cake tin, or line it with greaseproof paper. Mash the bananas up in a bowl. Set aside until later.

Melt the butter and sugar in a pan over a moderate heat. Add the vanilla extract. Take the pan off the heat, allow the mixture to cool, and add the flour and the milk; stir thoroughly.

Put the mix into the lined and greased tin, and bake at around 150°C for 35-40 minutes - check it's cooked through by putting a skewer into the middle of it. If the skewer comes out clean, it's ready. Slice up and serve, and watch it disappear!

Banana Smoothie

Smoothies are as simple as it gets. They are a great way to use up not just ripening bananas but pretty much any type of fruit. You can throw in as many extra fruity ingredients as you like, although this recipe is a basic version, perfect for breakfast or a mid-morning boost.

To add to a single banana you'll need:

- Half a pint of milk
- Two tablespoons of honey
- A handful of ice cubes

Peel and slice the banana - one per person or serving. Place the slices in a blender and add the milk and the ice cubes. Drop in two healthy-sized dollops of honey and blend until smooth. Pour into a tall glass and serve.