

## Banana Cake

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Serves 4 - high fibre - makes 1 cake

### **Ingredients: -**

500g/1lb - ripe bananas, mashed (about 3 large ones)

40g/1½ oz - chopped walnuts

¾ cup - sunflower oil

90g/3½ oz - sultanas

75g/2½ oz - rolled oats

150g/5 oz - whole wheat flour

10ml/2 tsp - baking powder

¼ cup - sugar

### **Method: -**

Mix all ingredients in a bowl.

Spread into a greased and paper lined loaf tin.

Bake in a moderate oven, 180°C/350°F/gas mark 4, for 1 hour or until a skewer inserted into centre comes out clean.

Cool for 10 minutes before turning out onto a wire rack to cool completely.

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