

## The Best Banana Bread

Since lockdown started, the most searched for recipe on Google has been for banana bread. That nasty habit bananas have of going from inedible green to soft black and mushy overnight, has apparently become a phenomenon and, given the scarcity of supermarket delivery slots, no one wants to throw anything away.

I've been using this recipe for many years. It's a firm favourite amongst all my friends and is so simple to make. It's a yummy, moist cake that's perfect with a cuppa at any time of day. I've actually been known to buy bananas and deliberately let them go black to make this cake!

I adapted it from an American recipe using Cup measurements, but I just use a mug instead. It will make either twelve large muffins or one large loaf. So simple!

### Ingredients

2 or 3 very ripe bananas- the riper, the better  
1/3 mug melted butter  
½ mug sugar – either castor, granulated or brown sugar work fine  
1 ½ mugs plain flour  
1 tsp bicarbonate of soda  
1tsp vanilla extract  
1 egg - beaten

### Method

1. Preheat your oven to 150 Fan/ Gas 3. Prepare your muffin or loaf tin. You can either grease with butter or use muffin cases/ loaf tin liner, whichever you prefer.
2. Mash the ripe bananas with a fork until it's smooth.
3. Add the melted butter, sugar, bicarbonate of soda, vanilla extract and beaten egg and mix well with a spoon.
4. Add the flour and mix together to form a dough.
5. Spoon it in to your prepared loaf tin or muffin tin.
6. Bake for 45/50 minutes for the loaf, or 25 minutes for muffins. Test with a skewer - it's ready when the skewer comes out clean.

This is such an adaptable recipe, it's yummy as it is or you can add chocolate chips, your favourite dried fruits or nuts. Some members of the Facebook group have added a teaspoon of cinnamon. I made some bannoffeee muffins today by adding a cup of caramel chocolate chips that went down very well with my neighbours!