

Breakfast Bonanza

Bonkers about bananas!



Banana and Nut bread

Ingredients:

400g strong white bread flour
½ grated lemon zest
7g yeast
85g dried apricots, roughly chopped
85g dried pears, roughly chopped
2 medium bananas
50g chopped mixed nuts, almonds, hazelnuts and cashew
250ml water

Equipment:

Bowl
Grater
Knife
Rolling pin



Method:

- 1 Mix the flour with the lemon zest and yeast in a large bowl.
- 2 Add all the chopped fruits and nuts and mix well.
- 3 Stir in the water and work the mixture with your hands to make soft-textured dough.
- 4 Turn the dough out onto a lightly floured work surface and knead for 10 minutes.
- 5 Place the dough in a lightly greased bowl, cover with a damp tea towel and leave to rise for 2 hours.
- 6 Preheat the oven at 200 °c / gas mark 6.
- 7 Place the dough into the oven and bake for 30-40 minutes until it is golden on the top.
- 8 Remove from the oven and allow to cool.

Strawberries and Banana Smoothie

Ingredients:

1 pot of strawberry yogurt
2 bananas
7 strawberries
Ice
1 glass of milk

Equipment:

Knife
Blender
Glass



Method:

1. Peel and chop the 2 bananas into bite size pieces.
2. In a blender add the bananas, strawberries and strawberry yogurt.
3. Pulse for 2 minutes then add the milk.
4. Blend for a further 3 minutes until smooth.
5. Add the ice to a glass and top with the smoothie.