

BAKED BANANA CUSTARD POTS



Bananas and custard ... what a dream combination. And making your own custard well that's just showing off!



Recipe & image supplied by the British Egg Information Service
www.eggrecipes.co.uk

Skills Check (as appropriate for each Key Stage) Follow a recipe; follow food safety & hygiene rules; tidy away; crack an egg; separate an egg; use measuring spoons and cups; use balance/digital scales; use a jug to measure liquids; chop using bridge/claw safely; use the hob (with adult supervision).

Equipment: Knife, chopping board, weighing scales, measuring cups and spoons, measuring jug, small saucepan, small food processor, small oven proof dishes/ramekins, baking tray, oven gloves.

Ingredients (makes 6):

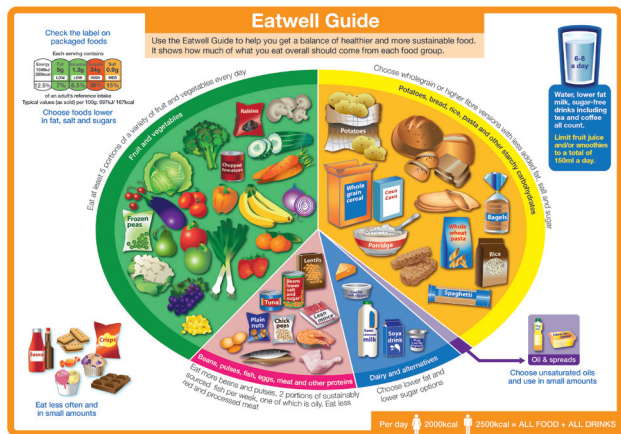
- 500ml single cream
- 2 bananas
- 2 British Lion eggs
- 2 British Lion egg yolks
- 75g caster sugar
- 1 tsp vanilla essence
- Pinch of cinnamon

Method

1. Preheat the oven to 150°C / Gas Mark 2. Pour the cream into a small saucepan and bring just to the boil.
2. Place 1.5 bananas into a small food processor and blitz until smooth. Add the eggs, egg yolks, sugar and vanilla and pulse until well combined and smooth.
3. Once the cream reaches the boil, remove from the heat and gradually pour over the banana mixture, pulsing after each addition to combine.
4. Place 6 small oven proof dishes/ramekins approximately 375ml in size onto a baking tray and carefully pour in the mixture.
5. Thinly slice the remaining banana and place on top of the custard pots. Sprinkle over the cinnamon and bake in the oven for 20-25 minutes until set. Leave to cool slightly before eating, or cool completely, chill in the fridge and serve cold.

BAKED BANANA CUSTARD

Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Baked Banana Custard ...

Cream is an excellent source of protein and calcium, and a good source of vitamins A and D. But it also very high in fat, particularly saturated fat.

Sugar that is added to our foods is not necessary for a healthy diet and too much sugar is very bad for our health.

The Eatwell guide says that if you do consume foods and drinks high in fat, salt and sugar then you should have these less often and in small amounts.



Energy, sugar, fat and salt per serving

Per 120g serving

ENERGY
1191kJ / 286kcal **14%**

MED **FAT**
19.4g **28%**

HIGH **SATURATES**
11.1g **56%**

MED **SUGARS**
20.5g **23%**

LOW **SALT**
0.1g **2%**

% of an adult's reference intake
Typical values per 100g : Energy 993kJ / 238kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.