



BUSTA'S GREAT BANANA BAKE

BANANA LIST

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No Sugar, NO PROBLEM

Why ripe Bananas?

Ripe bananas have natural sugars and can make things taste sweet without the need for extra sugar – which is a bonus when you want to make yummy things healthier!

Ripe bananas also have a low Glycemic Index which is great as you will have more energy for longer.

What is the Glycemic Index?

Busta says: gly-see-mik in-deks

The Glycemic Index is a way of measuring how fast food affects blood glucose levels. Foods with a **higher** index values **raise** blood sugar more rapidly than foods with **lower** glycemic index values do.

Need extra sugar? Make an alternative

Unsweetened applesauce makes a great sugar alternative.

All you need to do is core and slice any apples you have, place them in a saucepan, and add a little water (about 2 tablespoons of water per apple) and set over a medium heat. Cover and cook for 15-20 minutes or until tender.

Then use a food processor to “puree” the apples, let the applesauce cool to come temperature, and you can store in the refrigerator for up to one week.

YUM!



...these are busta’s rating of yummy-ness ... Ban-stars!!



BANANA CAKE

★ ★ ★ ★ ★ = 5 BAN-STARS

Ingredients

- 4 bananas, peeled and mashed
- 2 cups plain flour, remember to sift it!
- 2 tsp baking powder
- 1 tsp bicarbonate soda
- 2 tsp cinnamon (optional)
- 1 cup unsweetened applesauce
- 3 egg whites
- 1 tsp vanilla

Method

1. Preheat oven to 180°C. Coat the baking pan with a bit of oil and set aside.
2. In a bowl mix flour, baking powder, bicarbonate soda and cinnamon.
3. In a second bowl, mix mashed banana, unsweetened apple sauce, egg whites and vanilla.
4. Fold the wet ingredients into the dry ingredients until combined.
5. Pour the mixture into the cake pan and bake for 50-60 minutes.



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BANANA PUD



Ingredients

- 1 cup plain flour, remember to sift it!
- 1 pinch salt
- 1/2 cup unsweetened applesauce
- 3 tsp baking powder
- 1 ripe banana, mashed
- 3/4 cup milk
- 100g unsalted butter, melted
- 1 egg, lightly beaten
- 1 tsp vanilla extract

There is no healthy alternative for the sauce so use sparingly!

- Topping 140g brown sugar
- 1/4 cup golden syrup (optional)
- 1 cup boiling water

Method

1. Preheat the oven to 180°C. Grease a 2.5L baking dish with butter and set aside.
2. In a bowl, mix the flour, unsweetened applesauce, baking powder and salt together.
3. Mix the banana, egg, milk, butter and vanilla into the flour mixture until well combined and then pour into baking dish.
4. In a small saucepan add all of the topping ingredients and bring to the boil.
5. Pour the boiling topping mix over the pudding mix and bake for 40-45 minutes.



BANANA CUPCAKES



Ingredients

- 1 ½ cups plain flour
- ¾ cup unsweetened applesauce
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- ¼ tsp salt
- 125g butter, melted
- 2 eggs
- 1 ½ cups mashed bananas (approx. 4 medium bananas)
- ½ tsp vanilla extract

Frosting;

- 125g butter, at room temperature (optional)
- 1 tbsp honey

Method

1. Preheat oven to 180°C (fan).
2. In a medium sized mixing bowl, add flour, unsweetened applesauce, baking powder, bicarbonate soda and salt and with a fork, mix together until all combined, create a well in the centre.
3. Add the melted butter, eggs, banana and vanilla essence.
4. Stir through with fork until well combined.
5. Fill muffin pans with your cupcake papers, then spoon in the mixture until it reaches approx the half full.
6. Place in oven for 12-18 minutes until golden brown on top. Leave to cool.
7. To make the frosting, mix all ingredients together for about 5 minutes with an electric mixer, until they become silky and pale. Fill a piping bag or a ziplock bag with a corner cut off - or if you wish to ice freehand with a knife – and cover the cupcake with a swirl of honey cream.



BANANA BISCUITS

★ ★ ★ ★ ★ = 5 BAN-STARS

Ingredients

- 3 large ripe bananas, mashed
- 125g butter
- 1 cup unsweetened applesauce
- 1 1/2 cups self-raising flour
- 1/2 cup coconut
- 1/2 cup rolled oats

Method

1. Preheat oven to 230°C. Line baking tray with baking paper and set aside.
2. Using an electric mixer, cream the butter and unsweetened applesauce.
3. Stir in the bananas until combined.
4. Add the flour, oats and coconut and stir until thoroughly combined.
5. Place teaspoons of the mixture on the baking tray, leaving room for each biscuit to spread.
6. Place in the oven and turn it down to 180°C.
7. Bake for 10-15 minutes.

Perfect healthy snack for
your lunchbox AND they
are nut-free

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BANANA MUFFINS

 = 5 BAN-STARS

Ingredients

- 2 cups self raising flour
- 1/2 cup unsweetened applesauce
- 1/3 cup (80mL) vegetable oil
- 3/4 cup milk
- 2 eggs
- 1 cup mashed banana (2 large)
- 12 pecan halves (optional)

Method

1. Preheat oven to 180°C (160°C fan). Grease a 12 hole muffin pan or line with paper cases. Sift flour into a large bowl of an electric mixer. Add unsweetened applesauce and beat briefly to combine.
2. In a glass measuring jug, pour in milk (up to 1 cup), oil (up to 1 1/3 cups) and add eggs, whisk to combine.
3. Pour milk mix and bananas into dry ingredients, beat with until just combined. Spoon into muffin pans and top with a pecan half (if using) and bake for 15 minutes or until a skewer inserted into the centre comes out clean.
4. Cool slightly and then place on rack to cool completely.



BANANA SMOOTHIES



Ingredients

- 2 cups skimmed milk
- 2 bananas
- 1/2 cup plain yoghurt
- 1/2 tsp cinnamon/chocolate powder
- 6 ice cubes
- 1 tbsp honey (optional)

Method

1. Place all ingredients in a blender, making sure that the honey is the last ingredient added.
2. Blend until all ingredients are smooth.
3. Serve in two tall glasses with a shake of cinnamon/chocolate on top and a slice of banana to garnish.

The smoothies can be made even lower in fat if you use low fat natural yoghurt



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BANANA BREAD



Ingredients

- 2 cups plain flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 1 cup unsweetened applesauce
- 2 eggs, lightly beaten
- 1/3 cup (80mL) oil
- 1 tsp vanilla extract
- 4 ripe bananas, mashed
- Butter and honey, to serve (optional)

Method

1. Preheat the oven to 180°C. Grease and line the base of a loaf pan (mine is 11cm x 21cm).
2. Sift the flour, baking powder and cinnamon into a large bowl. Stir in the unsweetened applesauce. In a separate bowl, combine the eggs, oil and vanilla. Add a mashed banana to the dry ingredients and add the combined wet ingredients. Fold until just combined - do not overmix.
3. Place mixture into the loaf pan and bake for 50 minutes or until a skewer inserted into the middle of the loaf comes out clean. Allow to cool for 10 minutes, then remove and place on a wire rack to cool.
4. Once cooled, slice it thickly. Serve with a spread of butter and drizzle with honey.



BANANA PANCAKES

★ ★ ★ ★ ★ = 5 BAN-STARS

Ingredients

- 2 cups self-raising flour
- 1/4 cup honey
- 1 pinch salt (optional)
- 50g butter, melted and cooled
- 2 eggs, lightly beaten
- 1 ½ cups milk
- 2 bananas, mashed
- 50g butter (for frying)

Method

1. In a medium bowl, sift the flour and mix in the sugar and salt.
2. Whisk in the butter, eggs and milk until a smooth batter forms.
3. Stir in the mashed banana.
4. Heat a frying pan over medium heat and brush with butter.
5. Pour ¼ cup measures of batter into the frying pan. Cook until bubbles form on top and flip and cook through.

Food waste tip!
You can freeze these pancakes,
so you can keep them for
another time



BANANA FLAPJACKS

★ ★ ★ ★ ★ = 5 BAN-STARS

Ingredients

- 3 very ripe bananas
- 1.5-2 cups of rolled oats (small not jumbo)
- 1/3 cup of olive oil
- 1/3 teaspoon of cinnamon or mixed spice

Extra ingredients you can add:

- A handful of raisins
- A handful of chopped apricots
- A handful of mixed nuts (it's good to crush them first)
- A Small handful of chopped dates and dried cranberries
- 3 tablespoons of mixed seeds (sunflower seeds, pumpkin seeds, flaxseeds and sesame seeds)

Method

1. Pre-heat your oven to 180 C
2. Put the bananas and olive oil into a mixing bowl and mash well with a fork or the hand blender until it's smooth and runny
3. Add all the other ingredients and mix together
4. Use a little olive oil and grease your trays using an oil brush. Spoon the mixture into the baking tray and smooth the mixture flat
5. Put them in the oven for 20 minutes, or until golden brown. Once golden brown, take them out and leave them to cool.

My signature
Bake!!!





ABOUT US

WASTEBUSTER

Wastebuster is a not for profit company whose mission is to inspire children to care for the environment and adopt more sustainable lifestyles. It achieves its mission by developing and distributing innovative and entertaining educational content for primary aged children (4-11) in England. The company's aim is to encourage children to care for the environment by enabling them to learn about and explore the issues that affect our environment today.



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