

BANANA AND CHOCOLATE LOAF



NUTRITION

482Kcal
CONTAINS



WHEAT



MUSTARD



SULPHITES

This recipe serves 2

NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	per serving (345g)
Energy	588kJ/140kcal	2027kJ/482kcal
Fat	3.6g	12g
of which saturates	1g	3.5g
of which monounsaturates	1.5g	5.3g
of which polyunsaturates	0.7g	2.4g
Carbohydrate	13g	45g
of which sugars	4.3g	15g
of which polyols	0g	1g
of which starch	7.7g	27g
Protein	12g	42g
Salt	0.06g	0.2g
Phosphorus	120mg (17%)	413mg
Thiamin (B ₁)	0.32mg (29%)	1.1mg
Niacin total (B ₃)	11mg (69%)	11mg

This recipe is suitable for the IDDSI levels with a tick ✓

THE IDDSI FRAMEWORK

7

REGULAR

✓

6

SOFT & BITE-SIZED

*Serve cake in bite sized pieces no bigger than 1.5cm x 1.5cm

✓

5

MINCED & MOIST

Mash cake with cream, custard or ice cream until soft and moist with no separate thin liquid, lumps must be no bigger than 4mm

✓

4

PUREED

3

LIQUIDISED

BANANA AND CHOCOLATE LOAF

Chocolate and banana loaf provides a balance of energy, fibre, and essential nutrients like potassium, magnesium, and antioxidants that support heart health, digestion and mood.



INGREDIENTS

■ 250g of plain flour ■ 120g butter ■ 2 eggs, beaten ■ 3 large ripe bananas, mashed	■ 1 tsp bicarbonate of soda ■ 120g light brown sugar ■ 1/4 tsp ground cinnamon	■ 100g dark chocolate
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METHOD

- 1 Preheat oven to 180°C.
- 2 Combine flour, bicarbonate of soda and cinnamon in a bowl.
- 3 Separately, cream together the butter and sugar.
- 4 Stir in the eggs and mashed bananas until well mixed.
- 5 Melt 50g chocolate over a pan of boiling water, meanwhile chop the other 50g of chocolate into small chunks.
- 6 Stir the melted chocolate and the chocolate chunks into the mashed banana and egg mixture.
- 7 Stir banana mixture into flour mixture and then pour the mixture into individual loaf cases.
- 8 Bake for 25-30 minutes until tester skewer comes out clean.
- 9 Before serving, prepare dish to the required IDDSI level.