



Caribbean Banana Bread

Makes one 900g (2lb) loaf

Preparation time 25 minutes

Cooking time 45 minutes

Ingredients

Vegetable oil for brushing
250g (9oz) self-raising flour
1 tsp baking powder
1 tsp Fairtrade mixed spice
80g (3oz) hard margarine or butter
3 medium Fairtrade bananas, mashed
3 large eggs
80g (3oz) plus 1tbsp Fairtrade soft brown sugar
3 tbsp Fairtrade clear honey
40g (1½oz) dried Fairtrade pineapple, chopped
3 tbsp plus 1 tbsp desiccated coconut

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Line a 900g (2lb) loaf tin with greaseproof paper and

Sift the flour, baking powder, and mixed spice into a bowl and rub in the margarine or butter until the mixture resembles breadcrumbs.

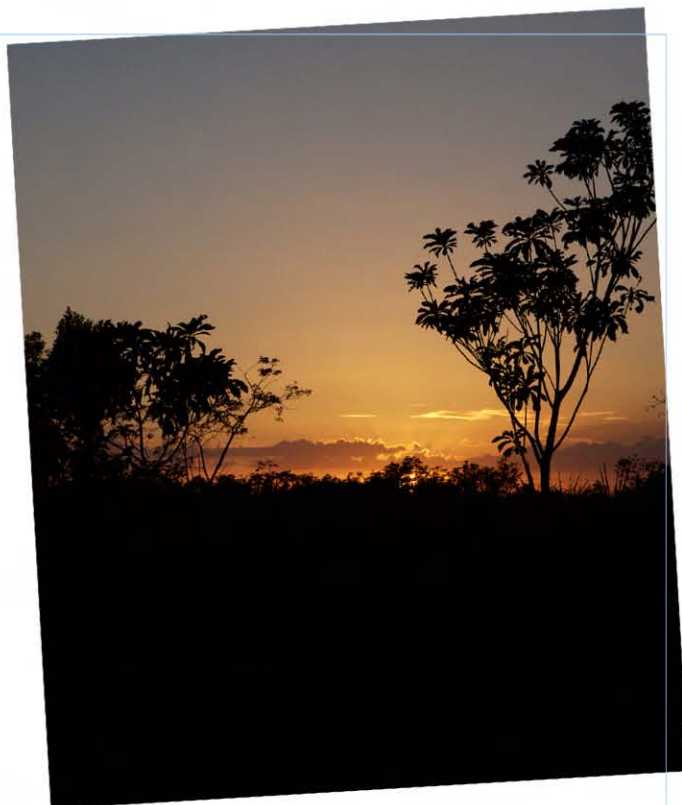
Stir the mashed bananas into the mixture along with the eggs. Mix well and then add the 80g (3oz) of the sugar and the honey.

Stir until smooth and then add the pineapple and 3 tbsp of the coconut and combine.

Spoon into the loaf tin and sprinkle the remaining tbsp each of sugar and coconut on top of the mixture.

Place into the oven for about 45 minutes until the top is springy with a lovely crunchy topping, and a skewer inserted into the bread comes out clean.

Remove the loaf from the tin once it has cooled, peel off the paper, and place on a cooling rack.



About the recipes

Published to coincide with Fairtrade Fortnight (25th Feb – 9th March), DK's Fairtrade Everyday Cookbook contains 100 mouth-watering recipes using Fairtrade ingredients: from One Pot Chicken to Secret Soup, Simple Mango Sorbet to White Chocolate Cakes. The recipes are a combination of prize-winners from a nationwide competition and delicious dishes from top cooks and celebrities including Hugh Fearnley-Whittingstall, Joanne Harris, Steve Redgrave and Ruth Roger. For every copy sold a portion of the cover price will be donated to Fairtrade. Buy it now from www.dk.com/fairtrade RRP £16.99.