



DAY 1 (CHANGE OVER DAY)

Dessert - Banana and Cinnamon sponge with Golden Syrup and strawberry sorbet

(VG), (LF), (GF), (NF)

Serves 6



Recipe Ingredients

Wet

- 2 medium ripe bananas
- 1 tbsp vanilla extract
- 2 tbsp veg oil
- 3 tbsp soya milk
- 2 tbsp soya yogurt

Dry

- 100g brown sugar
- 120g Gluten free flour
- 4 tbsp corn flour
- 3 tbsp rice flour
- ½ tsp cornflour
- 1 ½ tsp baking powder
- ½ tsp bicarbonate soda
- ½ tsp cinnamon



To serve

- 1 tbsp golden syrup (per portion)

Morning preparation

10.00am

1. Preheat oven to 180 degrees
2. Take a mixing bowl and add peeled bananas and smash up with a whisk
3. Then add the rest of the wet ingredients to the bowl and mix together completely
4. Add all the dry ingredients and mix into the wet ingredients (if a little dry add a tbsp. soya milk at a time)
5. Take your silicon baking tray and carefully spoon in the mixture into each hole, filling to ½ mm from top
6. Once all portions are filled give the tray a tap on the surface and use a spatula to push down and flatten the top (getting rid of any holes or air bubbles)
7. Place in the oven for 25 min. Once cooked turn oven off and leave inside for 5 minutes to cool slightly
8. After cover with a clean tea towel and leave to cool. Once nearly cooled but still a little warm pop all portions out and leave on a cooling rack covered with tea towel for when you come back in the evening

Evening preparation

5.00pm

1. Cut the top off in a straight angle so when you turn it upside down its nice and flat/straight
2. Any extra portions can be cling filmed and frozen for a later date

8.00pm

1. To heat through pre heat oven to 180 degrees and place inside for 4 minutes
2. Once warmed through sprinkle icing sugar over the top and place in the middle of our dessert plate
3. Top with 1 tbsp. golden syrup and a ball of strawberry sorbet