



## ***Courgette and Walnut Bread***

\* This recipe makes 2 x 1lb loaf tins

- 1lb / 480g strong white flour
  - 2 heaped teaspoons of baking powder
  - 1 teaspoon ground mace
  - 1 teaspoon of cinnamon
  - 3 eggs (free range if possible)
  - 11oz / 330g caster sugar
  - 1 teaspoon vanilla essence
  - 14oz / 420g courgettes, trimmed, washed and coarsely grate
  - 7 fl oz / 175mls sunflower oil
  - 8oz / 240g coarsely chopped walnuts
  - Preheat your oven to 180c
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### ***Method:***

- 1) Sift all dry ingredients, except the sugar into a bowl and mix well to combine
- 2) In a separate large bowl beat the eggs and sugar together until they 'ribbon' well, add the sugar, grated courgette, vanilla essence, oil and walnuts. Mix well to combine then add in the dry ingredients gradually until well combined.
- 3) Divide the mixture between two 1lb loaf tins and bake in a preheated oven for 45 minutes, or until a skewer comes out clean
- 4) Leave the bread to cool in the tin before turning out.



### ***Banana and Ginger Bread***

- 225g / 8oz self raising flour
- 1 teaspoon ground ginger
- 110g / 4 oz treacle
- 110g / 4 oz butter
- 110g / 4 oz Demerara sugar
- 175g / 6oz golden syrup
- 1 egg
- 3 ripe bananas

This combination of banana bread and ginger bread freezes superbly. It is great for an afternoon tea and its light enough to be used as a dessert, with some whipped cream and a dash of maple syrup. If you want to go a little further, caramelize some bananas and sprinkle with some sesame seeds.

- 1) Pre-heat the oven to 160c / Gas mark 2 ½
- 2) Mix the flour and the ginger in a bowl
- 3) Melt together the treacle, butter, sugar and golden syrup
- 4) Beat the egg and mash the bananas well. Mix all the ingredients in a bowl.
- 5) Bake for 45 minutes to 1 hour. Leave to rest for 10 minutes in the tin before turning out on a wire tray.
- 6) To reheat, slice and place in the microwave for a very short time: a few seconds should do it.