

GLUTEN FREE BANANA CAKE

2 Large (460g) very ripe bananas	1 teaspoon vanilla extract
125ml butter, melted	200g plain gluten-free flour
2 eggs	2 teaspoons cream of tartar
165g brown sugar	1 teaspoon bicarb soda
160g pitted fresh dates	½ teaspoon cinnamon

FOR THE CARAMELISED BANANAS

2 medium (400g) just ripe bananas, sliced into thirds lengthways and
55g of caster sugar

1. Preheat the oven to 180 degrees C (160 Fan), grease and flour a 20cm x 30cm lamington pan, line base and long sides with baking paper.
2. Place the bananas, butter, eggs, sugar, dates and vanilla into a food processor and pulse until almost smooth, scrape down the sides of the bowl.
3. In a bowl, place the flour, cream of tartar, bicarb soda and cinnamon and combine (with a wire whisk)
4. Add the dry ingredients to the food processor and pulse until combined. Spread into the prepared pan.
5. Heat a medium frying pan over medium heat and sprinkle the sugar over the base of the pan. When the sugar turns dark golden place the sliced bananas into the caramel. Move them around very gently to make sure one side is coated. Remove with a spatula and arrange, caramel-side up, on top of the cake mixture in the pan.
6. Bake for 40 minutes until risen and coming away from the edges of the pan. Cool in the pan for 15 minutes before transferring to a wire rack.
7. Cut into 12 slices

APRICOT NUT LOAF

115g ready to eat dried apricots

1 large orange

75g raisins

150g caster sugar

85ml vegetable oil

2 eggs, lightly beaten

250g plain flour

2 tsp baking powder

½ tsp salt

1 tsp bicarb soda

50g chopped walnuts

1. Preheat your oven to 180 degrees C. Grease and line a 23 x 13cm /9 x 5in loaf tin
2. Place the apricots in a bowl, cover with lukewarm water and leave to stand for 30 minutes.
3. With a vegetable peeler, remove the orange rind and then finely chop the orange rind strips.
4. Drain the apricots and chop coarsely. Place in a bowl with the orange rind and raisins. Set aside.
5. Squeeze the peeled orange. Measure the juice and add enough hot water to obtain 175ml of liquid.
6. Pour the orange juice mixture over the apricot mixture. Stir in the sugar, oil and eggs. Set aside.
7. In another bowl, sift together the flour, baking powder, salt and bicarbonate of soda. Fold the flour mixture into the apricot mixture in three batches.
8. Stir in the walnuts.
9. Spoon the mixture into the prepared tin and bake for 55-60 minutes or until a skewer inserted into the centre comes out clean. If the loaf browns too quickly, protect the top with a sheet of foil. Leave to cool in the tin for 10 minutes before transferring to a rack to cool completely.