

Blueberry and Banana Oat Loaf

A slice of this quick and easy-to-make loaf is ideal for dessert or for a picnic.



Egg, milk, oats (gluten) and wheat (gluten)*

Nutritional information per portion (136g):

Energy 1310kJ 312kcal 16%	Fat 13g 19%	Saturates 1.9g 10%	Sugars 17g 19%	Salt 0.42g 7%
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of an adult's reference intake.
Typical values per 100g: energy 964kJ/229kcal.

Equipment

Weighing scales
500g loaf tin
Pastry brush
Greaseproof paper
Scissors
Sieve
Large mixing bowl
Grater
Chopping board
Sharp knife
Juice squeezer
Medium bowl
Fork
Small bowl
Measuring spoons
Wooden or plastic spoon
Spatula
Oven gloves
Cooling rack

Ingredients

Serves 8 (1 x 500g loaf)
200g self-raising flour
1 x 5ml spoon baking powder
50g caster sugar
100g oats
1 large orange
3 medium bananas (ripe)
2 eggs
6 x 15ml spoons sunflower oil
1 x 5ml spoon vanilla extract
1–2 x 15ml spoons semi-skimmed milk
175g blueberries

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Try to keep the blueberries whole by stirring the mixture gently when you have added them. If they burst you will have a purple loaf.
- This recipe is best made using ripe bananas as they taste sweeter and are easy to mash.
- The loaf tastes even better the day after it is made.

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Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Grease the loaf tin with a little of the oil. Cut a strip of baking parchment and line the base of the loaf tin.
3. Sift the flour and baking powder into a large mixing bowl and stir in the sugar and oats.
4. Grate the orange zest, cut the orange in half and squeeze the juice.
5. Peel the bananas and mash with a fork in a medium bowl.
6. Whisk the eggs in a small bowl with the fork and stir in the oil.
7. Add the bananas, vanilla extract, orange zest, and oil and egg mixture to the dry ingredients. Measure the orange juice and make up to 6 x 15ml spoons with the milk if there is not enough juice. Add to the bowl and stir to combine.
8. Add the blueberries and gently stir them into the mixture.
9. Pour into the prepared loaf tin, scraping the bowl clean with the spatula.
10. Bake in the oven for 45–50 minutes or until golden brown and firm and springy when pressed on the top. It should have shrunk away from the sides of the tin.
11. Allow to cool for 10 minutes, then remove from the tin and cool on a wire rack.

Something to try next time

- Replace the blueberries with fresh raspberries. Fold the fruit into the mixture in the same way as the blueberries.

Prepare now, eat later

- The loaf will keep in an airtight container in the fridge for up to 4 days.
- The loaf also freezes well. Cool the loaf then wrap in foil and freeze whole or in slices with a piece of clingfilm or greaseproof paper between each slice. Then you can remove a slice at a time.

Skills used include:

Weighing, measuring, peeling, grating, squeezing, sifting, whisking, mixing/combining and baking.