



Bananas in Disguise



As every mom knows, little monkeys don't always eat the bananas you lovingly pack into their lunchboxes. Full of vitamins, minerals and fibre, bananas are a great source of energy that will help see them through the afternoon, so it's worth persevering. If you're running out of ideas, why not try one of these three sneaky tricks?

1. Think outside the (lunch)box

Smoothies are a great way to tempt picky eaters into eating (or should that be drinking?) more fruit. And a flask of this frothy, creamy and delicious Banilla Shake makes the perfect accompaniment to their packed lunch.

Ingredients (makes 4-5 cups)

4 cups of soy, coconut or other dairy-free milk
2 peeled and sliced medium frozen bananas
2 teaspoons of vanilla extract

Method

Mix all ingredients together in the blender for a full minute at high speed until smooth and frothy. For an even smoother, creamier texture, try using frozen bananas. The small amount of fat in bananas makes them turn creamy instead of crumbly when they're frozen and blended.

2. Bake banana bread

This easy recipe gives you perfect results every time and is a great way to get your kids to eat up any over-ripe bananas!

Ingredients

285g plain flour
1 tsp bicarbonate of soda
½ tsp salt
110g butter, plus extra for greasing
225g caster sugar
2 eggs
4 ripe bananas, mashed
85ml buttermilk (or normal milk mixed with 1½ tsp lemon juice)
1 tsp vanilla extract

Method

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In a separate bowl, cream the butter and sugar together until light and fluffy. Add the eggs, mashed bananas, buttermilk and vanilla extract to the butter and sugar mixture and mix well. Fold in the flour mixture.

Grease a 20cm x 12.5cm/8in x 5in loaf tin and pour the cake mixture into the tin. Transfer to the oven and bake for about an hour, or until well-risen and golden-brown.

Remove from the oven and cool in the tin for a few minutes, then turn out onto a wire rack and to cool completely. Then it's ready to serve!

3. Get creative

If all else fails, why not get the marker pens out and disguise the bananas as little characters by drawing funny faces on them? You could chop one in half and make your own little 'minions' or add an eye patch and a strategically-placed napkin to make a pirate banana!