

CHOCOLATE CHIP BANANA BARS (found by Mr Jones and cooked by Mr Jones and Lewis)



Chocolate Chip Banana Bars are a simple & delicious ripe banana recipe that's even better than banana bread! Great for breakfast, lunch and even dessert! Check out all the 5 star reviews- everyone raves about these Chocolate Chip Banana Bars!

Course: Breakfast, lunch, Snack/ Dessert Cuisine: American Keyword: banana bars, banana dessert, banana recipe

Prep Time: 15 minutes Cook Time: 22 minutes Total Time: 37 minutes

Servings: 24 Calories: 146kcal

Butter With A Side of Bread

Ingredients

5 very ripe bananas about 1 2/3 cup

3/4 cup brown sugar

1/4 cup oil any type- I use coconut

1/4 cup milk

2 eggs

1 3/4 cup flour

1 tsp baking soda

1/2 tsp salt

1 tsp cinnamon

1 cup mini chocolate chips divided

Instructions

Heat oven to 350 degrees F. Spray a 15x10.5? pan with non-stick spray.

Peel bananas and mash well. Stir in brown sugar, oil, milk and eggs until combined. Add in dry ingredients and stir. Fold in 1/2 the chocolate chips.

Spread the batter into the prepared pan and sprinkle remaining chips on top. Bake 18-22 minutes, until a wooden toothpick inserted in center comes out clean. Cool completely and cut into squares. Yields 24 bars.

Nutrition

Calories: 146kcal | Carbohydrates: 24g | Protein: 2g | Fat: 4g | Saturated Fat: 1g | Cholesterol: 15mg | Sodium: 114mg | Potassium: 115mg | Fiber: 1g | Sugar: 14g | Vitamin A: 55IU | Vitamin C: 2.1mg | Calcium: 23mg | Iron: 0.7mg

Mrs Simpson's favourite Malteser Cake from The Pavilion at the Park



Pavilion at the Park - Recipe card 1

Malteser Squares

As you aren't able to enjoy these little beauties at The Pavilion at the moment, we thought we'd share the recipe with you so you can enjoy them at home. With love x



pavilion
BEDFORD PARK

step one

take 100g of butter,
200g of quality milk chocolate
and 3 tablespoons of
LUCSIOUS golden syrup and
melt in a saucepan
over a gentle heat

step two

crush 250g of digestive biscuits
and
mix into the GLOOPY chocolate
mixture
remove from the heat and mix in
125g CRUNCHY maltesers

step three

SQUIDGE the chocolatey GOO into a
swiss roll tin lined with
greaseproof paper
and
PRESS another 125g maltesers into
the top of the mixture

step four

chill,
cut into squares
and
DEVOUR!

*for a totally decadent version add
white chocolate maltesers and
DRIZZLE white chocolate on the top*

CAKES

MILK CHOCOLATE CAKE

Serves 12

200 g (7 oz)	Be-Ro Self Raising Flour
225 g (8 oz)	caster sugar
1 x 2.5 ml spoon salt (1/2 tsp)	
25 g (1 oz)	cocoa powder, sieved
100 g (4 oz)	margarine
2 medium	eggs
5 x 15 ml spoon (5 tbsp)	evaporated milk
5 x 15 ml spoon (5 tbsp)	water
few drops	vanilla essence

- 1 Heat oven to 180°C, 350°F, Gas Mark 4. Grease 2 x 20.5 cm (8 inch) tins, not loose-bottomed as the mixture would run out.
- 2 Mix flour, sugar, salt and cocoa.
- 3 Rub in margarine. Beat eggs with milk.
- 4 Stir egg mixture, essence and liquids into the dry ingredients and beat well.
- 5 Place mixture in prepared tins and bake for about 30-35 minutes.
- 6 When cold sandwich and top with Milk Chocolate Icing (page 82).

RICH CAKES

Rich Cakes contain at least half the weight of fat-to-flour. The amount of fruit or flavouring does not determine the type of cake. A 'plain cake' may contain a high

proportion of fruit whilst Madeira, a 'rich cake' contains none.

Rich cakes keep well. When quite cool store in an airtight tin.

CREAMING METHOD

This is generally used for rich cakes.

- 1 Place fat and sugar in warm bowl. Do not allow to 'oil'.
- 2 Cream together with wooden spoon or electric mixer until the colour changes from yellow to white. The mixture will then be soft and fluffy, with no 'grittiness'.
- 3 Break the eggs, one at a time, into the mixture and add from the recipe 1 x 15 ml spoon (1 tbsp) flour - beat thoroughly. This prevents the mixture from separating or curdling. Continue until all the eggs are added, add any spice or flavouring at this stage, but not fruit.
- 4 Use a metal spoon to 'fold-in' flour, a little at a time, to the mixture - alternately with any liquid in the recipe. 'Fold-in' means stir once round bowl and once through the middle. Continue this action until all flour is mixed in. At this stage do not beat or stir as this may spoil the cake.
- 5 Add any fruit and fold in lightly.
- 6 Place the cake mixture in the prepared tin.
- 7 In general, bake in a moderate oven on a middle or lower shelf.

CAKES RICH

VICTORIA SANDWICH

Serves 8

100 g (4 oz)	margarine
100 g (4 oz)	caster sugar
2 medium	eggs
100 g (4 oz)	Be-Ro Self Raising Flour

- 1 Heat oven to 180°C, 350°F, Gas Mark 4. Grease an 18 cm (7 inch) sandwich tins.
- 2 Cream margarine and sugar until light and fluffy.

- 3 Beat in eggs, one at a time, adding a little flour with each.
- 4 Gently fold in remaining flour.
- 5 Place in prepared tins and bake for 20-25 minutes in 2 tins or 40-45 minutes in one tin.
- 6 When cool, fill with jam or cream. Dust with icing sugar.

VARIATIONS

Moist Orange Cake

Serves 8

Make as Victoria Sandwich adding the grated rind of one orange (reserving some for the top) and 2 x 15 ml spoon (2 tbsp) orange juice with the

flour addition. Bake in an 18 cm (7 inch) cake tin and leave whole. Use 4 x 5 ml spoon (4 tsp) of orange juice to make up the Glacé Icing (page 82).

Queen Cakes

Serves 18

Make as Victoria Sandwich, adding 50 g (2 oz) currants to the mixture.

Proceed as for Butterfly Cakes stages 1 and 2 (page 51).

Cherry Buns

Makes 18

Make as Victoria Sandwich, adding 50 g (2 oz) chopped cherries to the

mixture. Proceed as for Butterfly Cakes stages 1 and 2 (page 51).



Mrs Selby's spiced apple cake

This is one of my favourite cake recipes. It's so easy to make and tastes delicious. Eat a slice cold with a cup of tea or serve hot with custard or ice-cream 😊

Ingredients

Serves: 16

- 500g apples, peeled and finely chopped
- 200g butter, softened
- 250g caster sugar
- 4 eggs
- 300g plain flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 100g chopped walnuts (opt)



Method

Prep:15min › Cook:1hr › Ready in:1hr15min

1. Cream butter, sugar and eggs in a bowl until creamy. Mix together flour, cinnamon and baking powder. Add to batter. Fold in chopped walnuts and apples.
2. Preheat oven to 180 C / Gas 4. Pour batter into a greaseproof paper lined loaf tin or cake tin and bake for about 60 minutes.