

Recipe

MODIFICATION

Banana Cake Serves 10

Modification by Tess Mitchell, Dietitian, Alice Springs

✗ Original Ingredients	✎ Modifications	✓ Modified Ingredients
125g butter	Swap to reduced fat margarine and reduce amount to lower total and saturated fat	80g reduced fat margarine
1½ cups sugar	Natvia is a natural sweetener with fewer kilojoules and carbohydrate than sugar	¾ cup Natvia
	Reduce the amount of sugar and replace it with apple purée to lower the total sugar content	125g apple purée
2-3 very ripe mashed bananas		2-3 very ripe mashed bananas
1 teaspoon vanilla essence		1 teaspoon vanilla essence
2 large eggs		2 large eggs
½ cup full cream milk with 2 teaspoons lemon juice	Swap to reduced fat milk to lower total and saturated fat	½ cup low fat milk with 2 teaspoons lemon juice
1½ cups white self-raising flour	Replace some white flour with wholemeal flour to increase fibre	1 cup white self-raising flour ½ cup wholemeal self-raising flour
Pinch salt	Remove salt, you won't notice it's missing	
½ teaspoon bicarbonate of soda		½ teaspoon bicarbonate of soda

Method

1. Preheat oven to 160°C. Grease and line a 22cm diameter spring form pan.
2. Place margarine, apple puree, Natvia in a bowl and beat until smooth.
3. Add mashed banana, vanilla and eggs and beat again.
4. Add the milk with lemon juice and beat slowly to combine.
5. Sift flours and bicarbonate of soda together into the mixture.
6. Pour batter into prepared pan.
7. Bake for about 1 hour or until a skewer inserted in the centre of the cake comes out clean.
8. Leave cake to cool on a wire rack.
9. If desired, spread cake with cream cheese icing or a dusting of icing sugar (not included in nutrient analysis).

Nutritional information

	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy	1393kJ	1182kJ	785kJ	741kJ
Protein	4.7g	3.8g	4.5g	4.2g
Fat total	11.9g	10.1g	4.9g	4.3g
– Saturated	7.3g	6.2g	0.9g	0.8g
Carbohydrate total	52.9g	44.9g	28.6g	27.0g
Fibre	1.5g	1.3g	6.8g	6.4g
Sodium	95mg	81mg	51mg	48mg

