

Noah's Banana Bread

INGREDIENTS



- 110g soft butter
- 2 large room temperature eggs
- 240g self-raising flour
- 1 tsp baking soda
- 3 large over ripe bananas mashed till smooth
- 1 tsp vanilla extract
- 1 tsp ground cinnamon (optional)
- 100g chocolate chips or 100g hazelnuts (both optional)

METHOD

1. Preheat your oven to 180°C and grease a loaf tin with butter.
2. 190g of caster sugar creamed in with the butter and eggs till light and fluffy in your mixer or by hand.
3. Stir in the bananas and vanilla essence.
4. Sift in the flour and baking powder and mix until just combined. Don't over mix at this point.
5. Add in the nuts* or chocolate chips if you are using them and pour into the tin.
6. Bake for about 50 minutes or until a skewer comes out clean from the centre.
7. Leave to cool in the tin before turning out onto a wire rack.
8. Slice and enjoy with your favourite cuppa.

Will keep in a sealed tin for 3-4 days but is generally devoured in a day at our house!

*This recipe contains nuts.

Rosie Connolly – Chocolate Muffins

INGREDIENTS



- 125g plain flour
- 25g cocoa powder
- 1 tsp baking powder
- 1 large egg
- 60g caster sugar
- 2 tbsp vegetable oil
- 100ml whole milk
- 50g chocolate chips (optional)
- 100g icing sugar

METHOD

1. Heat the oven to 180°C /160°C fan/gas 4. Line a muffin tin with six muffin cases. Sieve the flour, cocoa and baking powder into a medium bowl. Mix together the egg, sugar, oil and milk together in a jug, then gradually pour into the dry ingredients (add chocolate chips now to make double chocolate muffins, if you like) and mix until combined.
2. Spoon the mixture evenly into the cake cases and bake for 20-25 minutes until a skewer inserted into the middle comes out clean. Remove from the oven and leave to cool.
3. Meanwhile, gradually mix ½-1 tbsp water into the icing sugar until you have a loose consistency that's not too runny. Drizzle the icing over the muffins once cool.



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and top tips go to
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**You are the most
important ingredient of all.**

Gem's No Bake Oaty Breakfast Bites

INGREDIENTS



- 200g rolled oats
- 150g almonds (roasted if desired)*
- 200g pitted dates
- 65g Sowan's Almond Butter*
- 65g honey
- 1 pinch sea salt
- Add in chocolate, goji berries or other dried fruits as desired

METHOD

1. Blitz the dates in a food processor until a ball forms.
2. Roughly chop the almonds.*
3. Transfer into a mixing bowl and add in the other dry ingredients. Mix well ensuring dates are completely broken up.
4. Over a low to medium heat, combine the almond butter* and honey until it doesn't stick.
5. Mix in with the dry ingredients ensuring everything is covered.
6. Spread in an 8 x 8" baking tin and press down with the bottom of a glass.
7. Freeze for 20 minutes.
8. Remove from freezer and cut into desired portions.
9. Keep in freezer until consumed.

*This recipe contains nuts.

Remember to bake some healthy treats like pasta bakes and yummy breads as well

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Isla and Amelie's Soda Bread

INGREDIENTS



- 250g plain white flour
- 250g plain wholemeal flour
- 100g porridge oats
- 1 tsp bicarbonate of soda
- 1 tsp salt
- 25g butter, cut in pieces
- 500ml buttermilk

METHOD

1. Preheat the oven to 200°C/gas 6/fan 180°C and dust a baking sheet with flour. Mix the dry ingredients in a large bowl, then rub in the butter. Pour in the buttermilk and mix it in quickly with a table knife, then bring the dough together very lightly with your fingertips (handle it very, very gently). Now shape it into a flat, round loaf measuring 20cm/8in in diameter.
2. Put the loaf on the baking sheet and score a deep cross in the top. (Traditionally, this lets the fairies out, but it also helps the bread to cook through.) Bake for 30-35

minutes until the bottom of the loaf sounds hollow when tapped. If it isn't ready after this time, turn it upside down on the baking sheet and bake for a few minutes more.

3. Transfer to a wire rack, cover with a clean tea towel (this keeps the crust nice and soft) and leave to cool. To serve, break into quarters, then break or cut each quarter in half to make 8 wedges or slices – or simply slice across. Eat very fresh.



You are the most important ingredient of all.