Snack

Chocolate Banana and Blueberry Tray Bake

A quick one-bowl cocoa batter poured over banana chunks and blueberries, baked into a soft tray cake that cuts into 12 squares.



Vegetarian

15 min	93	10.5 g	7.3 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 2 tsp rapeseed oil
- [ ] 1 large banana, split and cut into chunks (150g)
- [ ] 100 g blueberries
- [ ] 50 g sugar
- [ ] 50 g wholemeal flour
- [ ] 2 heaped tsp cocoa powder
- [ ] 1 tsp baking powder
- [ ] 1 tsp vanilla extract
- [ ] 50 ml rapeseed oil
- [ ] 50 ml semi-skimmed milk (plus more as needed)

Method

- [ ] **1** Preheat the oven to 180°C/gas 4 and grease a 20 x 25cm cake tin with the 2 tsp rapeseed oil.
- [ ] **2** Scatter the banana chunks and blueberries in an even layer over the base of the tin.
- [ ] **3** In a bowl, stir the sugar, wholemeal flour, cocoa powder and baking powder together until well combined.
- [ ] **4** Add the vanilla extract, 50ml rapeseed oil and 50ml semi-skimmed milk to the bowl and stir again.
- [ ] **5** If the batter is too thick, work in a little more semi-skimmed milk a small amount at a time until it is smooth and pourable.
- [ ] **6** Pour the batter evenly over the banana and blueberries, then bake for 15-20 minutes, until a knife inserted into the centre comes out clean.

Nutrition Facts

Per serving

Calories	**93**
Total fat	5 g
Saturated fat	0.5 g
Sodium	Not listed
Total carbs	10.5 g
Fiber	0.9 g
Total sugars	7.3 g
Protein	1.1 g

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