

FAIRTRADE FORTNIGHT

FAIRTRADE BANANA RECIPES

Thank you to all the South Gloucestershire primary children who took part in the 2014 Fairtrade Fortnight banana competition

Here are all the tasty recipes for you to enjoy!

Get involved with Fairtrade in South Gloucestershire:

www.fairtradesouthwest.org.uk

 SG Fairtrade



FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Fried banana and blueberry pancakes



Ingredients:

200g self-raising flour
1 tsp baking powder
1 egg
300ml milk
Knob of butter
150g pack of fairtrade blueberries
Sunflower oil or a little butter for cooking
Fairtrade honey or maple syrup
1 ripe fairtrade banana per person

Instructions:

1. Mix together the flour, baking powder and a pinch of salt in a large bowl. Beat the egg with the milk, make a well in the centre of the dry ingredients and whisk in the milk to make a thick smooth batter. Beat in the melted butter, and gently stir in half the blueberries.
2. Heat a teaspoon of oil or small knob of butter in a large non-stick frying pan. Drop a large tablespoon of the batter per pancake into the pan to make pancakes about 7cm across. Make three or four pancakes at a time. Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then flip over and cook another 2-3 minutes until golden. Cover with kitchen paper to keep warm while you use up the rest of the batter.
3. Peel the bananas and slice down the middle, lengthways. Heat a griddle pan (or use the frying pan) and grease with a little oil or butter. Fry bananas until slightly golden and caramelized on each side. Serve on the pancakes with a drizzle of honey or syrup and the rest of the blueberries.

Name:

Eve Herbert-Jarvis

School:

Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Banana pancakes



Ingredients:

140g self-raising flour
1 tsp baking powder
2 tbsp fairtrade light brown sugar
2 ripe fairtrade bananas –
1 mashed, 1 sliced
2 large eggs
25g butter melted
125ml milk
Maple syrup

Instructions:

1. In a bowl, mix the flour, baking powder and sugar with a pinch of salt.
2. Add the mashed banana, eggs, butter and milk. Whisk to a smooth batter.
3. Ladle small dollops of the pancake batter into a hot frying pan.
4. Cook for 2 minutes each side.
5. Serve the pancakes with sliced banana and maple syrup.

Delicious!

Name:

Freya Clarke

School:

Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Frozen banana bites



Ingredients:

2 large fairtrade bananas
1/4 to 1/3 cup vegan chocolate chips
1/4 to 1/3 cup natural peanut butter

Instructions:

1. Set out a large plate or bowl with a piece of parchment or wax paper on it.
2. Cut up the bananas into good-sized chunks. Each banana should give you around 5 to 6 pieces.
3. Heat the peanut butter and chocolate chips in the microwave on high for about a minute. Then stir until smooth.
4. Dip the banana pieces in the chocolate peanut butter mixture. Lay them out leaving some space between them on the parchment/wax paper. Then when you've "covered" them all, use the remaining mixture to spoon over the tops (for even more chocolate-y goodness).
5. Transfer to the freezer for about an hour until hardened.
6. You can enjoy them like this (but they really aren't frozen yet – and when they're frozen, the banana tastes like vanilla ice cream). I suggest then covering with some plastic wrap (or really you can do all of this in some kind of Rubbermaid container) and let freeze overnight.

Name:

Kurtis Palmer

School:

Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Bananas in pyjamas



Ingredients:

Fairtrade bananas
Fairtrade white chocolate
Fairtrade milk chocolate
Sprinkles

Instructions:

1. Peel the banana and wrap in cling film and put in freezer for 2 hours or overnight.
2. Melt the chocolate.
3. Set out the hundreds and thousands, chocolate strands, desiccated coconut and any other sprinkles.
4. Chop banana into pieces.
5. Dip banana in the melted chocolate and dip in sprinkles.
6. Place on a tray and store in the freezer until required.

Name:

Isaac Carpenter

School:

Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Banana Crumble



Ingredients:

Fairtrade bananas
Oats
Fairtrade sugar
Butter

Optional extras:

Fairtrade chocolate buttons
Fairtrade raisins
Pear

Instructions:

1. Slice bananas and layer in a dish (add optional extras if required).
2. Put sugar, butter and oats in a bowl and rub together to form crumble.
3. Cover bananas with crumble.
4. Bake at 180°C for 15-20 minutes until golden.
5. Serve with custard or ice cream.

Name:

Riley Clark

School:

Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Banana split



Ingredients:

4 large ripe fairtrade bananas
4 scoops of vanilla, chocolate and strawberry ice creams
4 tbsp each of chocolate sauce, toffee sauce and summer berry sauce

To finish:

250ml whipping cream – whipped
4 tbsp chopped mixed Fairtrade nuts
12 glace cherries, halved
4 fan wafers

(makes 4 servings)

Instructions:

1. Peel banana and cut in half lengthways. Arrange split-side up in dish.
2. Put 3 scoops of ice cream in different flavours down the length of the banana, between the two halves.
3. Drizzle the 3 sauces over the top.
4. Spoon whipped cream over ice cream.
5. Sprinkle with chopped nuts and cherries.
6. Set wafers at a jaunty angle to look like sails of a boat.

Name:

Rowan Scrivens, Ella Glanville

School:

Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Baked bananas with chocolate and marshmallows



Ingredients:

4 ripe fairtrade bananas
50g fairtrade milk chocolate drops
50g mini marshmallows

Instructions:

1. Set oven to 220°C.
2. Slice banana lengthways, cut the flesh but not bottom layer of skin.
3. Push in chocolate drops and marshmallows to stuff them, wrap in foil.
4. Bake for 20 minutes.
5. Serve bananas straight from foil, accompanied with whipped cream.

Name:

Daisy Glanville

School:

Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Baked bananas with chocolate and ice cream



Ingredients:

4 large fairtrade bananas, 160g each including skins
20g white fairtrade chocolate
20g milk fairtrade chocolate
80ml maple syrup
80g ice cream

(makes 4 servings)

Instructions:

1. Preheat the oven to 160°C or Gas 3. Slice the bananas down the middle but don't cut right through.
2. Put the bananas in an oven dish, the cut side up and bake until slightly brown (10-12 minutes).
3. Remove from the oven and divide the chocolate evenly into the bananas where they have been cut. Place back in oven until the chocolate has melted.
4. Place each banana on a plate and drizzle with maple syrup and scoop of ice cream.

Preparation: 10 minutes

Cook: 25 minutes

Name:

Ruby Gale

School:

Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Instant banana ice cream



Ingredients:

4 fairtrade bananas (riper the better)
3 teaspoons fairtrade sugar (or sweetener)
 $\frac{1}{4}$ teaspoon vanilla extract
150ml buttermilk (or can use Greek yoghurt)

Instructions:

1. Slice the bananas and place them on a tray and freeze until frozen throughout.
2. Put into blender with sugar and vanilla extract and whizz up.
3. Add half of the buttermilk whizz some more then add the other half whizz again.
4. Serve!

Name:

Oliver Hutton

School:

Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Healthy banana oatmeal cookies



Ingredients:

3 ripe fairtrade bananas
2 cups oats (not instant)
 $\frac{1}{2}$ cup skimmed milk
1 egg
2 tablespoons sweetener
 $\frac{1}{2}$ teaspoon vanilla extract

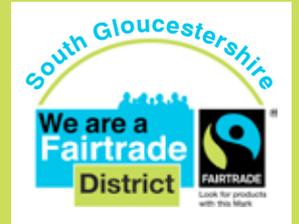
Instructions:

1. Preheat oven to 180°C.
2. Mash bananas and mix with oats, milk and egg before adding the remaining ingredients.
3. If consistency looks a bit runny add another handful of oats.
4. Grease a cookie tray with 1 cal spray and spoon mixture on to make 9 large cookies.
5. Bake for 20 minutes until golden brown.

Name: Sean Thompson (and his mum)

School: Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Banana slices



Ingredients:

125g margarine
125g fairtrade brown sugar
2 eggs
125g plain flour (wholemeal optional)
2 tsp baking powder
2 fairtrade bananas, mashed

Instructions:

Oven - Gas 5 or 190°C

1. Cream margarine and sugar.
2. Beat eggs and add a little at a time.
3. Sieve flour and baking power, fold into mixture with bananas.
4. Spread mixture into a lined and greased 20cm (8") square shallow tin.

Bake for 20-25 minutes

Cut into slices

(optional - sprinkle with walnuts before baking)

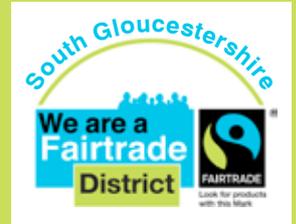
Name:

Erin Schollick

School:

Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Banana fritters



Ingredients:

6 fairtrade bananas
1 cup of milk
1 egg
 $\frac{3}{4}$ cup plain flour
3-4 teaspoons fairtrade sugar
Vegetable oil for frying

For serving:

Fairtrade raisins
Icing sugar
Whipped cream
Natural yoghurt
Fairtrade cinnamon etc.

Instructions:

1. Mix ingredients into thick batter.
2. Peel bananas and cut them into chunks.
3. Dip pieces of banana in batter to coat (if batter is too watery add more flour).
4. Fry bananas in hot oil until golden brown (average 5 minutes on both sides).
5. Drain on paper towel.
6. Serve warm with addition of your choice.

Enjoy!

Name:

Beata Kryszkowska

School:

Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Banana bread



Ingredients:

Makes 1 loaf: Preparation time 20 minutes

Cooking time: 40 minutes

This is a very simple, sustaining loaf, great for packed lunches and picnics!

3 large or 4 medium ripe fairtrade bananas – roughly mashed

250g fairtrade caster sugar

125g unsalted butter, softened

2 medium eggs

250g plain flour

2 tsp baking powder

Box of fairtrade maltasers (optional!)

Instructions:

1. Heat oven to 190°C. Line a 1kg loaf tin with baking parchment.
2. Using an electric hand-held whisk or mixer, cream bananas and sugar together until fluffy.
3. Add the butter and beat until evenly combined.
4. Beat the eggs, one at a time, adding a spoonful of flour with each.
5. Now sift the remaining flour and baking powder over the mixture and carefully fold in, fold in the maltasers.
6. Spoon the mixture into the prepared loaf tin and spread evenly.
7. Bake for 40 minutes, or until a skewer inserted in the centre comes out clean.
8. Remove from tin and cool on a wire rack – enjoy!

Name:

Mrs Woodland, Megan Taylor, Emma Farndon

School:

Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Banana chocolate bread



Ingredients:

75g self-raising flour
Pinch of salt
1 level tsp baking powder
150g fairtrade caster sugar
100g butter
2 eggs
1 tsp vanilla extract
Finely grated zest 1 fairtrade orange
475g fairtrade bananas
Loaf tin

Instructions:

1. Preheat oven 170°C.
2. Lightly oil tin.
3. Sift flour, salt, baking powder.
4. Add sugar, butter – make into breadcrumbs with fingers.
5. Whisk eggs, vanilla extract and orange in another bowl. Add bananas and mash well.
6. Melt chocolate and fold into banana mixture.
7. Make a well in dry ingredients and fold altogether.

Name:

Corin

School:

Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION



Title of recipe:

Chocolate and banana cake

Ingredients:

100ml sunflower oil
175g fairtrade caster sugar
175g self-raising flour
Half tsp bicarbonate of soda
4 tbsp fairtrade cocoa powder
100g fairtrade chocolate chips
175g very ripe fairtrade bananas
3 medium eggs – 2 separated
50ml milk

Instructions:

1. Heat oven to 160°C/140°C fan/Gas 3
2. Grease loaf tin.
3. Mix the sugar, flour, bicarbonate of soda, cocoa and chocolate in a large bowl.
4. Mash the bananas in a bowl and stir in the whole egg plus yolks followed by the oil and milk.
5. Beat the egg whites until stiff.
6. Quickly stir the wet banana mixture into the dry ingredients, stir in a quarter of the egg whites to loosen the mixture then gently fold in the rest.
7. Gently scrape into the tin and bake for 1hr 10-15 minutes or until a skewer inserted comes out clean.

Name:

Ella Perry, Sienna Bottomley, Katie Evans, Bella Lowrey, Isaac Lauley, Finlay Smith, Abigail Shelley, Macenzie Chamers

School:

Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Thomas' easy banana cake



Ingredients:

125g butter
150g fairtrade caster sugar
1 tsp vanilla extract
1 egg beaten
2 ripe fairtrade bananas
mashed
190g self-raising flour
60ml milk
1 tbs fairtrade demerara sugar
(optional)

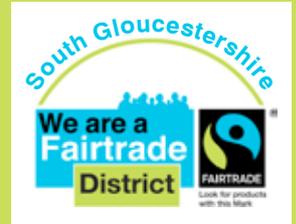
Instructions:

1. Grease a 2lb loaf tin.
2. Pre-heat oven 170 °C or Gas 3.
3. Melt butter, sugar and vanilla in a saucepan over a low heat.
4. Remove from heat. Add bananas and mix well.
5. Stir in egg.
6. Stir in flour and milk.
7. Pour mixture into cake tin.
8. Sprinkle with demerara sugar to give a crunch topping.
9. Place in oven for 35 minutes or until skewer come out clean.
10. Leave to cool.

Name: Thomas Badman

School: Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION



Title of recipe:

Charlie banana and chocolate chip muffins

Ingredients:

100g plain flour
40g cornmeal
1 tsp baking powder
1 tsp bicarbonate soda
90g unrefined (golden)
fairtrade sugar
40g melted butter
1 egg beaten
2 ripe fairtrade bananas
80ml buttermilk
50g fairtrade milk chocolate,
chopped into small chunks

Instructions:

1. Pre-heat oven 200°C.
2. Sieve flour, cornmeal, baking powder and bicarbonate of soda in large bowl. Stir in sugar.
3. In separate bowl mix butter, egg, bananas and buttermilk.
4. Add wet ingredients to dry and mix.
5. Fold in chocolate chunks.
6. Fill in muffin tin just under rim.
7. Bake 30 minutes.
8. Allow to cool in tin.

Name: Charlie Stretton, Charlotte Hayward,

School: Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Banoffee cupcakes



Ingredients:

Makes 12 cupcakes

2 ripe fairtrade bananas

125g butter

120g fairtrade caster sugar

1 tsp vanilla extract

2 eggs

$\frac{1}{2}$ tsp salt

150g plain flour

2 tsp baking powder

1 tsp fairtrade cinnamon

For the toffee buttercream:

100g unsalted butter

300g icing sugar

Caramel sauce and fudge chunks
to decorate

Instructions:

1. Pre-heat the oven to 180°C/Gas 4. Line a muffin tin with cake cases. Mash bananas until soft, and then set aside.
2. With an electric whisk, beat the butter and half the sugar for 4 minutes. Add the mashed banana and vanilla extract. In a separate bowl, whisk the eggs with the remaining sugar and salt until pale and fluffy. Combine the egg mixture with the banana mixture, then sieve over the flour, baking powder and cinnamon in batches, whisking between additions. Spoon the mixture evenly into the cupcake cases and bake in the middle of the oven for 25 minutes until they are spongy and golden brown. Cool on a wire rack.
3. To make the buttercream, whisk the butter until creamy and light. Gradually whisk in the icing sugar (add water/warm milk if mixture looks too dry). Top each cake with buttercream.
4. Decorate with a swirl of caramel sauce and fudge chunks. Add a fresh slice of banana on the top.

Name: Luke Hayward

School: Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Banana crumb muffins



Ingredients:

200g plain flour
1 tsp bicarbonate soda
1 tsp baking powder
½ tsp salt
3 fairtrade bananas, mashed
150g fairtrade caster sugar
1 egg, lightly beaten
75g butter, melted

Crumb topping:

75g fairtrade brown sugar
2 tablespoons plain flour
1/8 tsp ground fairtrade
cinnamon
1 tablespoon butter

(Makes about 12)

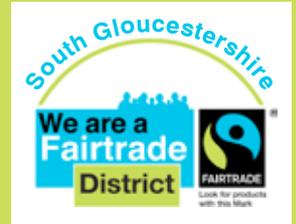
Instructions:

1. Preheat oven to 190°C and line a tray with large bun cases.
2. In a large bowl, mix together 200g flour, bicarbonate of soda, baking powder and salt. In another bowl beat together bananas, sugar, egg and melted butter. Stir the banana mixture into flour mixture just until moistened. Spoon into cases.
3. In a small bowl, mix brown sugar, flour and cinnamon. Rub in 1 tablespoon butter until coarse crumbs. Sprinkle over muffins.
4. Bake for 15-20 minutes.

Name: Holly Smith

School: Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Strawberry banana muffins



Ingredients:

350g/12.3oz/3½ cups plain flour
1 tsp baking powder
½ tsp bicarbonate soda
Pinch of salt
175g/6.2oz/3-4 cups fairtrade
caster sugar
250g/8.8oz/2 cups natural yogurt
100g/3.5oz/1 cup butter melted
2 eggs beaten
1 large fairtrade banana peeled
and diced
150g/5.3oz/1½ cups strawberries
sliced

Instructions:

1. Heat the oven to 190°C, 165 fan oven, 375F, Gas 5. Put 12 paper cases in a muffin tin.
2. Melt the butter in a pan over a low heat.
3. In a mixing bowl stir the sugar, yogurt, melted butter and eggs together.
4. Sift together the flour, baking powder, bicarbonate of soda and salt into another bowl.
5. Pour the egg mixture into the dry ingredients and mix gently.
6. Quickly stir in the banana and strawberries.
7. Do not over mix, the mixture will be lumpy because of the fruit.
8. Spoon the mixture into the paper cases and bake for 15-20 minutes, until golden.
9. Test with a wooden toothpick if it comes out clean, the muffins are done.

Name: Charlotte Rose Lowe, Jasmine Smith, Keira O'Brien, Amelia Mullins

School: Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Hidden treasure muffins – winning recipe



Ingredients:

(No added sugar)

4oz self-raising flour
1 tsp fairtrade mixed spice
½ tsp baking powder
2oz butter – chopped
3oz fairtrade raisins or finely chopped fairtrade apricots or fairtrade dates or cherries
8oz (3 small) fairtrade bananas
2 eggs beaten

Instructions:

1. Pre-heat oven to Gas 4, 190°C/175°C for fan oven.
2. Sieve flour and baking powder and mixed spice into a large bowl.
3. Cut butter into small pieces and rub into flour. Rub until it resembles breadcrumbs.
4. Stir in raisins/chopped apricots/dates/cherries.
5. In a separate bowl mash the banana, add egg and mix well. Stir banana and egg mix into flour and fruit mix. Stir.
6. Put into muffin cases. Makes 6 large or 12 small.
7. Cook in oven for about 15-20 minutes, depending on the size of the muffins.
8. Place on wire rack to cool.

Name: Oliver Hutton

School: Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION



Title of recipe:

Fairtrade banana toffee muffins

Ingredients:

275g self-raising flour
1 tsp baking powder
1 tsp bicarbonate soda
1 tsp vanilla essence
397g carnation caramel
2 fairtrade bananas
2 eggs
150ml milk
5 tbsp vegetable oil

Instructions:

1. Mix flour, baking powder and bicarbonate soda in a bowl.
2. Mix mashed bananas, eggs, oil, milk, vanilla and a dollop of caramel.
3. Mix this gently into the flour.
4. Stir in the rest of the caramel.
5. Spoon into muffin cases.
6. Bake in the oven for 20 minutes at 190°C.

Name: Finlay Jouxson

School: Raysfield Infant School
Chipping Sodbury

FAIRTRADE FORTNIGHT



BANANA RECIPE COMPETITION

Title of recipe:

Oatmeal banana cookie pops



Ingredients:

2 extra ripe fairtrade bananas
 $\frac{3}{4}$ cup butter
 $\frac{3}{4}$ cup fairtrade brown sugar,
firmly packed
1 egg
 $\frac{1}{2}$ tsp vanilla extract
 $1\frac{1}{2}$ cups quick-cooking oats
 $1\frac{1}{2}$ cups all-purpose flour
1 tsp fairtrade ground cinnamon
 $\frac{1}{2}$ tsp baking soda
 $\frac{1}{2}$ tsp salt
 $1\frac{1}{2}$ cups fairtrade raisins
Non-stick cooking spray
24 large wooden popsicle sticks

Instructions:

1. Preheat oven to 350°F/180°C gas mark 4
2. Puree bananas in blender.
3. In a large bowl, beat the butter and sugar with an electric mixer on medium speed until well blended.
4. Beat in the egg, then pureed bananas and vanilla.
5. In a medium bowl, combine the oats, flour, cinnamon, baking soda and salt.
6. Stir dry oat mixture into banana mixture just until blended.
7. Stir in raisins.
8. Drop dough by rounded tablespoonfuls about 2 inches apart onto cookie sheets sprayed with non-stick cooking spray.
9. Flatten tops of cookies with back of spoon.
10. Insert a wooden popsicle stick into each cookie to resemble a lollipop.
11. Bake the cookies for 12 to 15 minutes or until lightly browned.
12. Remove from the oven and let the cookies rest on cookie sheets for several minutes, then transfer to a wire rack and cool completely.

Makes about 24 oatmeal banana cookie pops

Name: Mitchell Palmer

School: Raysfield Infant School
Chipping Sodbury



With thanks to Raysfield Infants School.
Also Helen Morgan and the South Gloucestershire
school meals team who made the winning recipe for a
tasty school dinner pudding.