

AUSTRALIAN BANANA RECIPES

Circular Flour-less White Chocolate Cake with Orange Blossom and Banana

Serving size: 12 slices

Prepping time: 15 minutes

Cooking time: 50 minutes

Ingredients

Cake

250g white chocolate

250g almonds

150g low G.I cane sugar

150g butter at room temperature

6 eggs

1 tbsp baking powder

1 tbsp orange blossom water

Topping

100g butter at room temperature

100g icing sugar

2 bananas



Method

Preheat oven to 170°C (338F). Brush a round 22cm spring form pan with melted butter or spray with vegetable oil spray. Line the base and side with non-stick baking paper.

Combine the white chocolate and almonds into a food processor and mix until it forms a crumbly texture. Set aside.

Mix the remaining ingredients in the processor until smooth.

Add the white chocolate and almond mixture and blitz for another few seconds until combined. Pour into a prepared pan. Bake for 50 minutes or until a skewer inserted into the centre comes out clean. Set aside to cool.

To create the topping, use an electric mixer on medium speed, beat the ingredients together for 4 minutes or until light and fluffy. Spread over the cake and top with fresh Cavendish banana slices.



Tip: If using Cavendish bananas, to keep them fresh and from turning brown, brush with fruit juice such as apple or pineapple juice. Alternatively, use Ladyfinger bananas which won't lose their yellow colour.

Square Flour-less White Chocolate Slice with Orange Blossom and Banana

Serving size: 16 square slices

Prepping time: 15 minutes

Cooking time: 50 minutes

Ingredients

Cake

250g white chocolate

250g almonds

150g low G.I cane sugar

150g butter at room temperature

6 eggs

1 tbsp baking powder

1 tbsp orange blossom water

2 bananas



Method

Preheat oven to 170°C (338F). Brush a square 20cm baking tray with melted butter or spray with vegetable oil spray. Line the base and side with non-stick paper.

Combine the white chocolate and almonds together into a food processor and mix until it forms a crumbly texture. Set aside.

Place the remaining ingredients, except the bananas, into the processor until smooth. Add the chocolate and almond mix and whizz for another few seconds until combined. Pour into a prepared pan.

Bake for 40 minutes, take it out and place banana slices on top of the cake and cook for a further 10 minutes or until a skewer inserted into the centre comes out clean. Set aside to cool.

Tip: If using Cavendish bananas, to keep them fresh and from turning brown, brush with fruit juice such as apple or pineapple juice. Alternatively, use Ladyfinger bananas which won't lose their yellow colour.

Banana Guacamole for Kids

This recipe is rich in fibre and the essential nutrients vitamin B6, vitamin C, folate, magnesium and potassium. The natural fat in the avocado and the natural sugars in the banana make this guacamole a perfect dish for growing, energetic children.

Serving size: 4 kids

Prepping time: 15 minutes

Cooking time: 0 minutes

Ingredients

2 ripe avocados

1 Cavendish banana, diced

1 tomato, finely diced

1/2 lemon, zest and juice

Method



Scoop the avocado flesh into a medium bowl and use a large fork to lightly mash or leave it chunky.

Fold in the bananas and tomatoes until combined. Add the lemon zest and juice. This will keep the avocado and banana from turning brown.

Serve with tortilla chips.

Banana Guacamole for Adults

This recipe is rich in fibre and the essential nutrients vitamin B6, vitamin C, folate, magnesium and potassium. The natural fat in the avocado and the natural sugars in the banana make this recipe a perfect dish for good health. The fibre is excellent for your gut, and of course, this recipe is low salt and high in potassium for healthy blood pressure.

Serving size: 2 adults as part of a meal, or 4 as a dip

Prepping time: 15 minutes

Cooking time: 0 minutes

Ingredients

2 ripe avocados

2 lady finger bananas, diced

1/2 red capsicum, finely diced

1/2 red onion, finely diced

1 lime, zest and juice

1 tbsp coriander, chopped

1 chilli, chopped (optional)



Method

Scoop the avocado flesh into a medium bowl and use a large fork to lightly mash or leave it chunky. Fold in the bananas, red capsicum and red onion until combined.

Add the lime zest and juice. This will keep the avocado and banana from turning brown.

Sprinkle with coriander and chilli, and season with salt and pepper. Serve with tortillas wraps.

Banana and Coconut Milk Pops

These yummy treats are fantastic to make for children's summer parties, and suit all tastes as they are vegan, gluten and sugar free.

Serving size: 6 popsicles

Prepping time: 15 minutes

Cooking time: Freeze over night or until frozen

Ingredients

2 ripe bananas, mashed

1 can of coconut milk

2 tbsp of shredded coconut

*Tovolo Star Popsicle Molds can be purchased from Target, RRP: \$13.99



Method

Place the mashed banana into your chosen popsicle molds, fill it up to the half way mark, freeze for an hour or until set.

Fill the remaining molds with the coconut milk and sprinkle with shredded coconut. Freeze overnight.

To remove popsicles from molds, run under hot water for 10 seconds.

Option: *This recipe is 100% sugar free, however, if you prefer something slightly sweeter, mix the banana and coconut milk together with 2 tbsp of honey and top with shredded coconut and freeze.*

Banana Jaffle Combos

(Banana and Cashew Butter, Banana and Nutella, Banana and Honey)

Serving size: 3 portions

Prepping time: 10 minutes

Cooking time: 5 minutes

Ingredients

6 slices of white or wholemeal bread
2 tbsp Nutella
2 tbsp Cashew butter
2 tbsp honey
3 bananas (use more or less as desired)
Spreadable butter



Method

Preheat a Jaffle maker. Spread one side of the 6 slices of bread with butter. Spread the other side of each slice with Nutella, Cashew butter and honey respectively.

Place 2 slices of bread, butter-side down, in the maker. Add in the banana. Top with remaining bread, butter side-up. Cook for 1-2 minutes or until golden. Set aside to cool. Slightly cut into halves to serve.

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