



# Bake a Difference



## Lana's competition winning banana bread recipe

Take a group of friends, add tea and coffee, fold in these yummy baked goods and a layer of fundraising, and mix well. That's your show-stopping recipe to help fund groundbreaking research and life saving support for people living with muscle wasting conditions.





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## Lana's competition winning banana bread recipe



### Ingredients

- 145g butter
- 135g sugar
- 2 medium eggs
- 130g self-raising flour
- 1 tsp baking powder
- 1-2 overripe bananas

### Method

1. Firstly, preheat your oven to 180° or 160° fan, and grease or flour a 2lb loaf tin. You could also use parchment paper.
2. Cream together the butter and sugar in a mixing bowl using an electric mixer or a whisk until it turns fluffy. Then add one egg at a time, whisking continuously.
3. Fold in the flour and baking powder in small portions, and then add the banana.
4. Pour the mixture into the prepared baking tin and bake for around 45-50 minutes or until a knife or skewer runs cleanly with a few crumbs.
5. Cool in the tin for around 10 mins, then transfer to a wire rack.
6. Enjoy your banana bread! :)

**Tip: You can additionally add some bananas or dust some icing sugar on top once the banana bread is ready.**

"I'm Lana and I'm 12 years old. I wanted to do something to help raise awareness of MDUK as they have helped my dad Stuart. My dad has Myotonic Muscular Dystrophy Type 1. He's a great dad and always tries to help me with my homework, but he's not allowed to help me with my baking! My Uncle Kevin has raised money for MDUK by cycling with his friends on very long routes up and down the country and even to Paris! I hope when I'm older that I can do something like that for MDUK as well as they have been very kind to my dad, my mum and my brothers and me.



**Be the secret ingredient that turns an ordinary tea party into one that changes lives.**

**[www.musculardystrophyuk.org/bake-a-difference](http://www.musculardystrophyuk.org/bake-a-difference)**