

# Soggy Bottoms

## Real Foodo Café Banana and almond cupcakes



# Real Food Café

## Banana and almond cupcakes



### Ingredients – Makes 24

19 Ripe bananas
360g Margarine
800g Soft brown sugar
2 tsp Vanilla essence
2 tsp Rum essence
400g Ground almonds
800g Plain flour
4 tsp Salt
2 tsp Baking Powder
3 tsp Bicarbonate of Soda
Nutella to decorate the cupcakes

### Method:

**Prep:** 30 mins  
**Cook:** 20–30 mins

- 1 Preheat the oven to 170°C. Grease and line a cupcake tray.
- 2 Mash the bananas really well.
- 3 In a mixer, cream the margarine and sugar together until light and creamy.
- 4 Then gently mix in the mashed bananas, vanilla essence and rum essence.
- 5 Stir in the ground almonds.
- 6 Finally, mix in the flour, salt, baking powder and bicarbonate of soda.
- 7 Split the mixture between the tins and put into the oven.
- 8 Check the cakes after 10 minutes and then turn the oven down to 120°C, cook for a further 10 minutes, check again and then cook for a further 10 minutes if needed.
- 9 Check with a skewer until it comes out clean. Leave the cake to cool. Before serving, coat with Nutella.



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