



Date, banana and courgette squares



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Ingredients

- 1 ripe banana
- 1 small courgette
- 75g dried dates
- 1 orange
- 200g wholemeal plain flour
- 5ml spoon baking powder
- 2.5ml spoon bicarbonate of soda
- 5ml spoon ground cinnamon
- 75g soft brown sugar
- 50ml vegetable oil
- 2 medium eggs
- 50ml semi-skimmed milk
- 20g icing sugar



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Equipment

- 20cm square cake tin
- Greaseproof paper
- Plate
- Fork
- Grater
- Plate
- Vegetable knife
- Chopping board
- Juicer
- Sieve
- Mixing bowl
- Wooden spoon
- Small bowls
- Measuring jug
- Skewer
- Baking tray
- Oven gloves

For the orange drizzle (optional)

- Wooden spoon
- Small bowl
- Pastry brush





Getting started



1. Preheat the oven to 180°C or Gas Mark 4.



2. Line the cake tin with greaseproof paper.

3. Mash the banana.



4. Grate the courgette.

5. Chop the dates into small pieces.



Prepare the orange



6. Grate the zest from the orange.

7. Cut the orange in half and out squeeze the juice.



8. Divide the zest and juice in half. Use half in the cake and save half for the orange drizzle.



Make the batter



9. Sieve the flour, baking powder, bicarbonate of soda and cinnamon into the mixing bowl.



10. Add the mashed banana, grated courgette, chopped dates, sugar, oil, eggs, milk and half of the orange rind and zest.



11. Mix well to form a soft batter.





Finishing off



12. Pour the batter into the baking tin and flatten the top .



13. Place on a baking tray and bake for 20 – 25 minutes, until well risen, and golden brown.



14. Check it is cooked by pushing a skewer into the centre of the cake. It will come out clean if the cake is cooked. Leave the cake to cool in the tin.

15. Cut into 12 squares before serving



Make the orange drizzle (optional)



1. Mix together 20g icing sugar and the other half of the orange juice and zest.



2. Brush the orange drizzle over the cake while it is hot.

3. Cut the cake cut into 12 squares.