



BANANA ICE-CREAM

Never bin your spotted bananas again with this magic trick for turning frozen bananas into a healthy alternative to ice-cream.

INGREDIENTS **Serves: 4**

- 4 ripe bananas (the more ripe the better) cut into chunks
- 3-4 tbsp water or dairy or non-dairy milk
- 2 tbsp toasted flaked almonds (optional)
- 2 tbsp ready-made toffee or chocolate sauce (optional)

METHOD

1. Cut your bananas into chunks and pop them in a freezer bag.
2. Freeze for at least one hour, or until frozen through.
3. When ready to eat put the banana into a food processor and whizz until smooth.
4. Add enough of the water or milk to achieve a creamy texture.
5. Scoop into 4 bowls or glasses, then top with the sauce and nuts – or anything else you have handy.



VEGAN BANANA BREAD

Enjoy this delicious vegan version of a classic bake.

INGREDIENTS Serves: 7-10

- 3 or 4 large brown bananas (the browner the better)
- 75g vegetable oil, plus extra for greasing the tin
- 225g plain flour (can use self-raising but just use 2 tsp baking powder if so)
- 100g sugar (white or brown)
- 2-3 tbsp of maple syrup
- 3 tsp baking powder
- Splash of oat milk or soya milk (optional, for extra moisture if the batter appears dry)
- 50g walnuts (optional or substitute with nuts of your choice)
- Vegan chocolate chips (optional)

METHOD

1. Heat oven to 180°C.
2. Mash 3 large black peeled bananas with a fork, then mix well with the oil and sugar.
3. Add flour, baking powder and cinnamon and combine well. Add in walnuts and chocolate chips if using.
4. Bake in greased loaf tin for 25 minutes. Check and cover with foil if the cake is browning on top.
5. Bake for another 20 minutes, or until the skewer comes out clean.
6. Allow time to cool before slicing.
7. Delicious served hot or cold, with ice cream or without. This treat stays fresh for 3-5 days in a sealed tupperware (if it's not eaten beforehand).



VEGAN COURGETTE BROWNIES

These Vegan Courgette Brownies are so chocolatey and yummy, whether you're vegan or not, don't miss out on this delicious bake.

INGREDIENTS Serves: 7-10

- 250g plain flour
- 250g sugar
- 50g cocoa powder
- 1½ tsp baking powder
- Pinch of sea or rock salt
- 125ml vegetable oil
- 2 tsp vanilla paste
- 250g coarsely grated courgette (about 1 large one)
- Icing sugar to dust
- 1 tsp of cinnamon (optional)
- Crushed walnuts (optional)

METHOD

1. Preheat oven to 180°C and either lightly grease a baking tray or line with parchment paper.
2. Sieve flour, cocoa powder and baking powder into a large mixing bowl or stand mixer.
3. Add in the remaining ingredients ensuring everything is fully mixed.
4. Pour the brownie mixture into your tray (about 3cm in depth) and bake for around 20mins (you want the middle to be cooked but still quite moist).
5. Leave to cool before removing from tray, dust with icing sugar and cut into squares.



CARAMELISED BANANA BREAD AND BUTTER PUDDING

This filling dessert will welcome stale leftover bread with open arms and give it a new lease of life. you from having to do another food shop.

INGREDIENTS

- 140g caster sugar
- 1 tsp vanilla extract
- 4 tbsp hot water
- 60g unsalted butter
- 3 very ripe bananas
- 12 slices stale bread
- 130g unsalted butter
- 160g sultanas
- Zest of 2 lemons
- 1 tsp ground cinnamon
- 125g demerara sugar
- 300ml semi-skimmed milk
- 300ml single cream /
- 2 large eggs
- Large rectangular ovenproof dish (Use a 24cm x 24cm ceramic dish but you can scale this to fit whatever dish you have).

METHOD

1. To prepare the caramelised banana puree, add the caster sugar, vanilla and hot water to a heavy-bottomed saucepan and place over a medium heat. Swirl the pan gently (don't stir) if necessary. Heat until an amber caramel is formed then remove from the heat. Add butter and swirl vigorously until the butter has melted. Return to heat for a few moments. Mash 3 bananas in a bowl with a fork then pour quickly into the caramel mixture. Stir continuously with heat until there are no lumps of caramel, then remove from the heat and set aside.
2. Lightly butter the ovenproof dish to prevent sticking. Cut the bread diagonally into large triangles and butter one side of each piece generously. Layer half the slices butter-side down in the dish, overlapping them to form a covered base layer.
3. In a separate bowl, mix the sultanas with the cinnamon and lemon zest. Sprinkle half of this mix along with half the demerara sugar over the bottom layer of bread. Pour over the banana puree and spread evenly, followed by the remaining slices of bread butter, side up. Sprinkle over the remaining sultanas, zest and sugar.
4. Whisk together the milk, cream and eggs then pour evenly into the dish. Leave for an hour for the bread to soak up the liquid then bake at fan 160°C for 25 minutes until golden brown on top and the liquid has set. Serve warm with custard, cream or ice cream.

For more tips and recipes visit www.hubbub.org.uk



SUMMER PUDDING

This beautiful and healthy desert that will transform both bread and berry anew. Think Eton mess meets bread pudding.

INGREDIENTS

- 60g butter, to grease
- Seven thick (approx. 2cm) slices of good quality white bread, crusts removed. Old bread that has been frozen is great. Brioche and croissants also work a treat (reduce the soaking time if used).
- 1kg summer berries, including: Raspberries, redcurrants, blackcurrants, strawberries, cherries, cranberries even. The ratios used are down to personal preference and vary from recipe to recipe, go with whatever you have but bear the sweetness of the fruits in mind keeping less sweet fruits like blackcurrant and redcurrants below a third of the total used. Frozen berries are fine too.
- 3 tbsp caster sugar
- Zest and juice of an orange (optional)

METHOD

1. Put the fruit in a small pan with the sugar, 3 tbsp water and orange and heat gently to simmering point – if you want to keep the fruit in tack, do not stir, your pudding will look the better for it. Put aside to cool slightly.
2. Line a pudding basin or deep bowl (about 1 litre capacity) with bread, there should be no gaps and the bread should be roughly 2cm thick. Keep some bread aside to form a circular lid.
3. Pour the warm fruit into the bread lined bowl. Put the lid of bread on top.
4. On to the fun bit. Put a plate on top of the basin with the outer side of the plate's curve pressing into the pudding lid. Put weights, books or more plates on top. When cool, refrigerate for 6 - 24 hours (any more and it will get too soggy). Keep on the lower end if using brioche or croissant.
5. Turn out and serve with fresh whipped cream and sugar to taste.