

THE LAB

Three things to make and do

Kitchen chemistry



WARNING!
Ask an adult for help using an oven and be careful when handling hot items.

1 Bake choc-chip banana bread

Whip up an "a-peel-ing" treat for the weekend.

What you need

- 1 tbsp **butter**
- 3 ripe bananas
- 2 large free-range **eggs**
- 125g soft light brown sugar
- 140g softened **butter**
- 250g self-raising **flour**
- 1 tsp ground mixed spice
- 2 tsp **baking powder**
- 100g chocolate chips

- Small bowl
- Tablespoon
- Pastry brush
- 900g/2lb loaf tin
- Scissors
- Baking paper
- Large mixing bowl
- Fork
- Skewer
- Wire rack

Instructions

1 Preheat the oven to 180°C/160°C Fan/Gas 4. Melt a tablespoon of butter then coat the inside of the loaf tin with the melted butter using a pastry brush. Next, cut strips of the baking paper to fit the sides and bottom of the tin. Pop them into the tin where the butter will keep them stuck to the sides.

2 Peel the bananas and place them into a large mixing bowl. Mash them with a fork until they are soft and squishy. Then add the eggs, sugar and butter and mix well.

3 Next add the flour, spice, baking powder and chocolate chips and stir them in. Pour into the loaf tin. Bake for 40 minutes, or until the cake is well risen. Insert a skewer or knife into the middle of the loaf. If it comes out clean, it is ready.

4 Allow the cake to cool in the tin for 10 minutes, then turn it out onto a wire rack. Serve warm or cold in slices. Spread with butter if you like it extra delicious.



Pour the mixture into a baking tin.

Allergy warning! Ingredients in **bold** are allergens (substances that can cause allergic reactions). Find more information at tinyurl.com/SN-allergy

How does it work?

Bananas are a perfect fruit to bake with when they're ripe. Not only are they soft, which makes them easy to mash, but during ripening the starch in bananas is converted into sugar. This makes them taste even sweeter. That isn't the only surprise bananas have in store. They are also rich in potassium, which makes them slightly radioactive. Don't worry, though, you aren't going to become radioactive by eating a banana. Although eating a banana does increase the total amount of potassium in the body, which can be picked up by a sensitive Geiger counter (a device for measuring radioactivity), the effect doesn't last for long. Your kidneys closely monitor the amount of potassium in your body at any one time, and get rid of the excess within a few hours through your wee.

GETTY IMAGES - REX SHUTTERSTOCK