



Banana, Pecan and Maple Syrup Traybake

Sarah's servings: 16, Sarah's skill: Easy, Baking time: 45 mins

Ingredients

250g Butter or Baking Margarine
100g Light Brown Sugar
100g Caster Sugar
4 large Eggs
1 tsp Vanilla Bean Paste or Extract
300g Mashed Ripe Bananas
250g Self Raising Flour
60g Ground Almonds
1 1/2 tsp Baking Powder
50g Chopped Pecan Nuts
25g Pecan Nuts roughly chopped for decoration

Syrup topping

25g Butter
50g Maple Syrup
1 Tbsp Water

Method

- Preheat the oven to 180 degrees centigrade (160 Fan) or Gas Mark 4.
- Line a 9 x 9 inch (23 x 23 cm) square cake tin with parchment.
- Mash the bananas with a fork or in a food processor.
- In the bowl of a stand mixer weigh the butter/ margarine, light brown sugar and caster sugar. Mix until it is light and fluffy.
- Then add the eggs one at a time and add the vanilla.
- Next add the mashed banana and 50g chopped pecan nuts and mix.
- Finally add the flour, baking powder and ground almonds and mix until fully combined.
- Pour the mixture into the prepared tin and decorate with the 25g chopped pecan nuts.
- Place in the oven and bake for 45 minutes or until a skewer comes out clean.
- To make the syrup melt the butter, maple syrup and water in a pan.
- When the cake is baked, brush the syrup over the top and leave to cool completely before cutting into squares.