



## 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 Coarsely Chopped Pecan Nuts

### Syrup topping:

25g Butter  
50g Maple Syrup  
1 Tbsp Water

25g Pecan Nuts roughly chopped  
for decoration

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### 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 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 roughly 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.