Spiced vegan banana bread

This is a great way to use up any over-ripe bananas.

Ingredients
3 ripe bananas
75ml cooking oil
50g sugar
225g self-raising flour
2 level teaspoons baking powder
3 teaspoons ground cinnamon
6 cardamom pods, peeled and deseeded
1 tsp ground anise
A generous handful of sultanas or mixed peel

Method
1. Preheat the oven to 180C/350F/Gas 4 and lightly grease a 1lb loaf tin.
2. Tip the sugar and spices into a blender and pulse.
3. When the spices are ground into the sugar, sieve the mixture gently to remove any large lumps of woody star anise. These can be put into a new jar with some fresh sugar and the cardamom pods, and left to infuse for future biscuits or mulled wine.
4. Peel and slice the bananas and put them into a mixing bowl.
5. Add the rest of the oil and the gently spiced sugar to the bowl and mix well.
6. Tip in the flour, baking powder, cinnamon and sultanas and stir well to form a lumpy batter.
7. Pour the mixture into the loaf tin and bake for 1 hour in the centre of the oven, until the loaf is risen and golden. Remove the tin from the oven and allow to cool before turning out and serving.

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