SPEEDY BANANA CAKE OR CUPCAKES

SERVES	PREP	COOK
8-10	5 minutes	1 hour

Makes	PREP	COOK
24 cupcakes	5 minutes	20 minutes

Ingredients
2 1/2 cups self raising flour
1 tsp baking soda
1 cup castor sugar
4 eggs
2 1/2 cups mashed banana (about 3 bananas)
1 cup sunflower or vegetable oil
1 tsp vanilla extract

Lemon frosting
200g butter, softened
2 cups icing sugar
1 tbsp boiling water
zest of 1 lemon
2 tbsp lemon juice

Method
Preheat the oven to 160°C, conventional bake.

For cupcakes set 24 medium size cupcake cases in muffin trays, or if making a cake grease and line with baking paper a 22cm round cake tin.

In a large bowl add the flour, baking soda and castor sugar, mix to combine.

To speed things up take a blender (or food processor) blend the bananas, eggs, vanilla extract and oil to briefly combine. Add the banana mixture to the dry ingredients, mix to a smooth batter.

3/4 fill cupcake cases, or pour into the cake tin. Bake the cupcakes for 20 minutes or 1 hour for the cake.

When the cupcakes, or cake are cool pipe or spread over the lemon frosting.

Lemon frosting
Whip all ingredients together until light and creamy.