



## Kate Ford's Compassionate Banana and Walnut Loaf

Kate Ford, actress and friend of Compassion in World Farming, gives her support to the Bake with Compassion week and donates her very compassionate recipe for a banana and walnut loaf.

### Ingredients:

90 g (3 oz) organic butter  
1/3 cup fair trade sugar  
1 free-range egg  
1 large fair trade banana  
1 teaspoon lemon juice  
1 ¼ cups self raising flour  
pinch salt  
1/3 cup plain organic yoghurt  
2 tablespoons finely chopped walnuts

### Method:

Beat organic butter and sugar until light and creamy. Add lightly beaten free range egg, beat well. Stir in combined, mashed banana and lemon juice. Fold in sifted dry ingredients alternately with organic yoghurt. Stir in half the chopped walnuts, mix until smooth. Spoon mixture into greased and greased paper lined 25 cm x 8 cm (10in x 3 in) bar tin, sprinkle with remaining walnuts.

Bake in a moderate oven for 40 minutes or until cooked when tested. Allow cake to cool 5 minutes in tin, turn out and cool on wire rack. When cold, cut into slices, serve with organic butter.