

Bella and her Super
Banana Bread



ByANGES de Sucre

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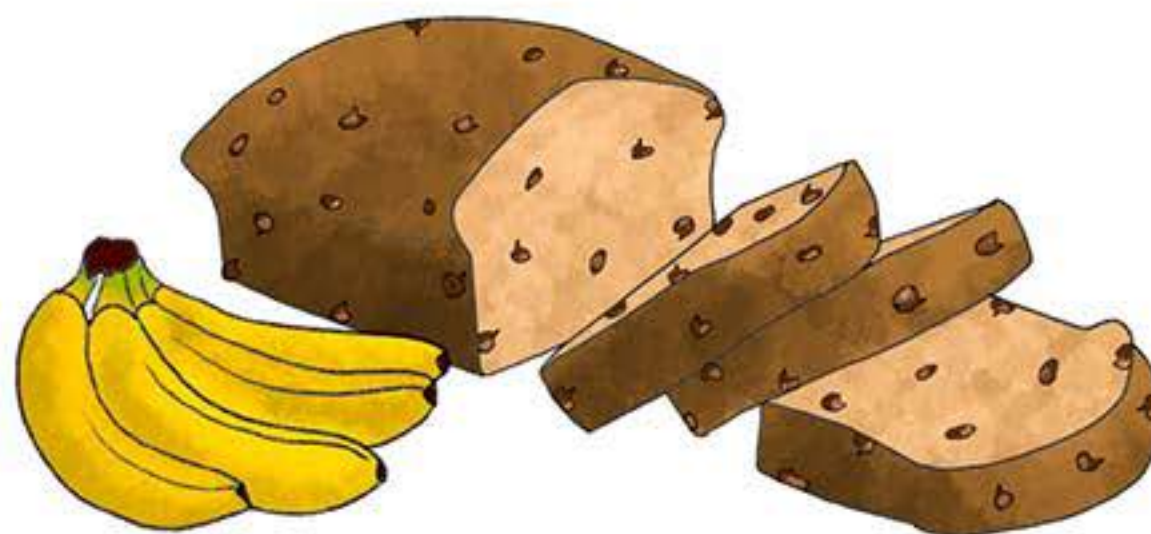
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Illustrated beautifully by Irina

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Bella and her
Super Banana Bread

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A young girl with long brown hair, wearing a pink long-sleeved shirt and pink pants, is crawling on a green lawn. She is looking at a small green caterpillar with yellow spots. In the background, there is a large brown tree trunk and some green foliage.

Bella was frightened of nothing.
She was a brave little girl,

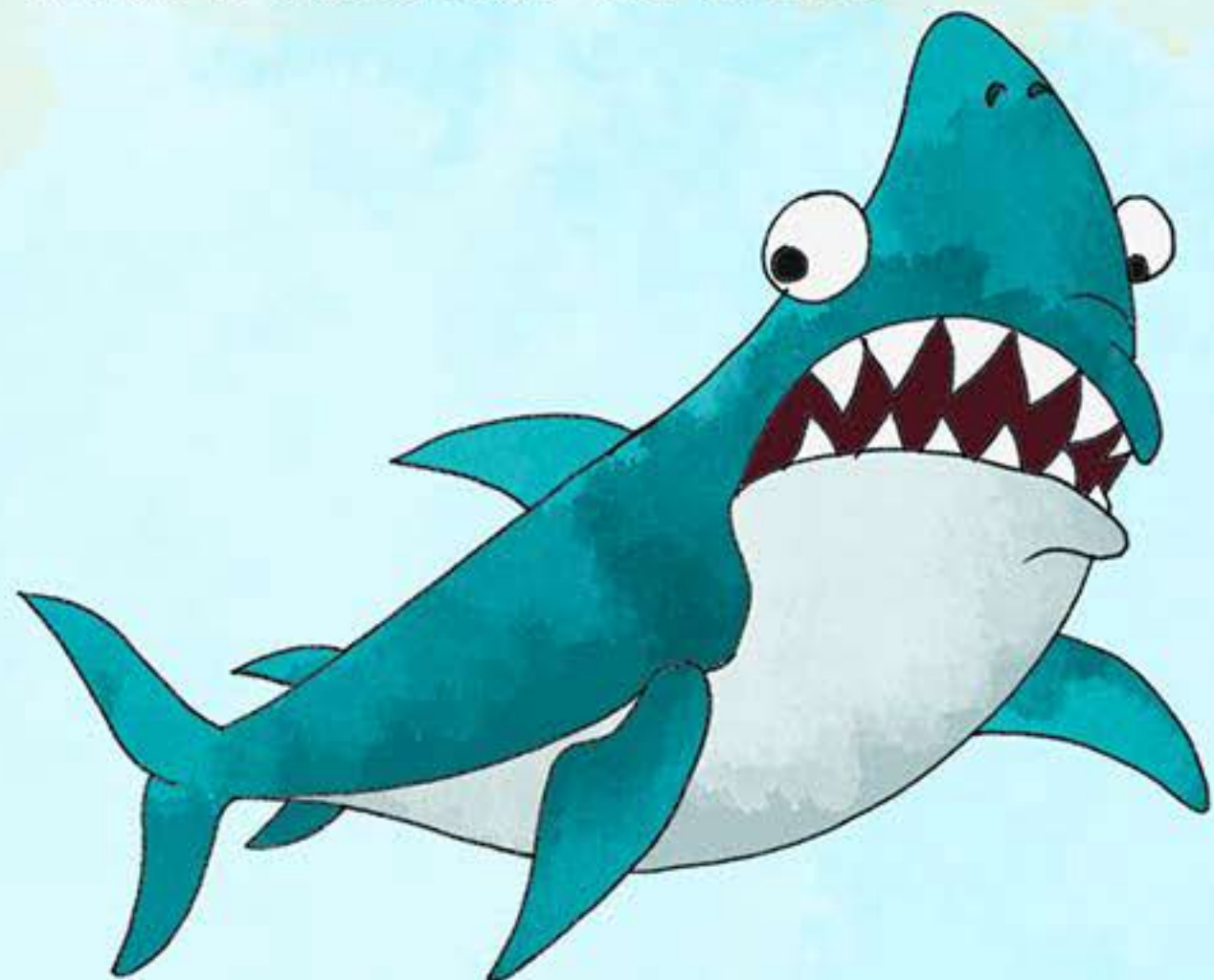
She wasn't afraid of
roller coasters or creepy
crawlies,
When they might make
others hurl.



Bella was so mighty,
Spiders ran away
at the sight of her.



You wouldn't take Bella lightly,
She even made great
white sharks cower.



Bella indeed was so brave,

She made a
humongous
dinosaur



run away and hide
in a little cave.

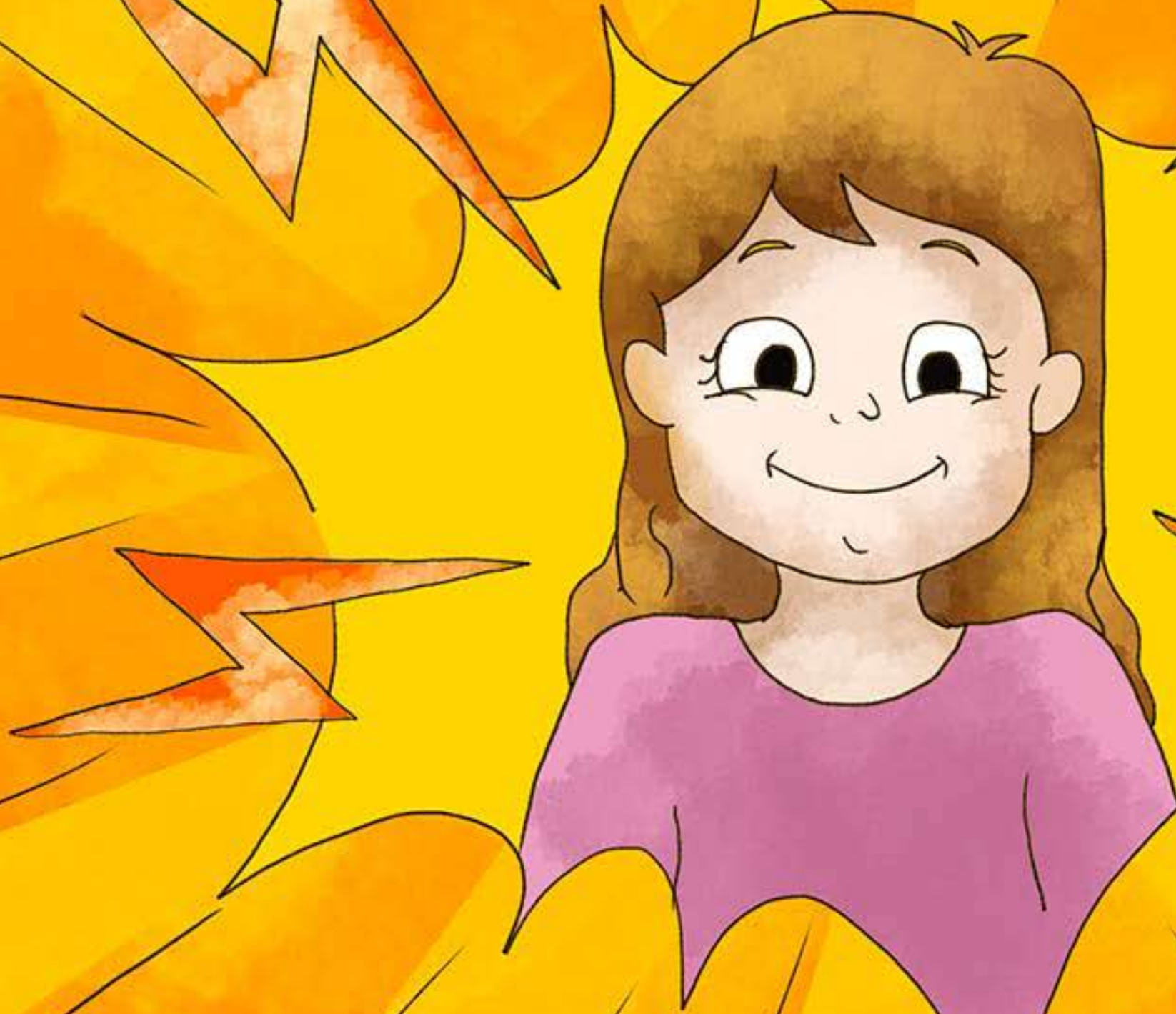


But Bella was scared of
one thing...
the dark.
It made her quite wary.

Because in the dark of the night...
that's when the bogeyman
appeared...
And he is quite scary!



Bella had an idea. What if she got a super power?!
Then the bogeyman would be the one that's scared.



He'd run really far away and never come near!

Bella called her
friends, Xavier
and Olivia,



To tell them all
about her
superpower idea.



“Let’s bake a banana bread”,
together they said!

Olivia explained, “Bananas are
full of potassium.
It will be packed with energy
in every crumb”.

“Bananas” Xavier
said, “Also have fibre.
And fibre is
very, very good
for your...”

“TUM!”

So Bella and her friends grabbed three old and squishy bananas,
And mashed them up in a bowl with five tablespoons of oil.



Olivia said, “Don’t worry about the bananas being old
and squishy.

The Super Banana Bread will be even tastier
and definitely won’t spoil.”

And whilst the oven was warming up to 180 degrees Celsius,



Bella and her pals exclaimed excitedly, "Let's crack on with the rest of this!"


She stirred in half a cup of brown sugar with a
wooden spoon,
Feeling more confident that she was going to



shoo away the bogeyman goon!

Olivia then mixed in one and a half cups of flour,
With a teaspoon of vanilla and
three heaped teaspoons of baking powder.



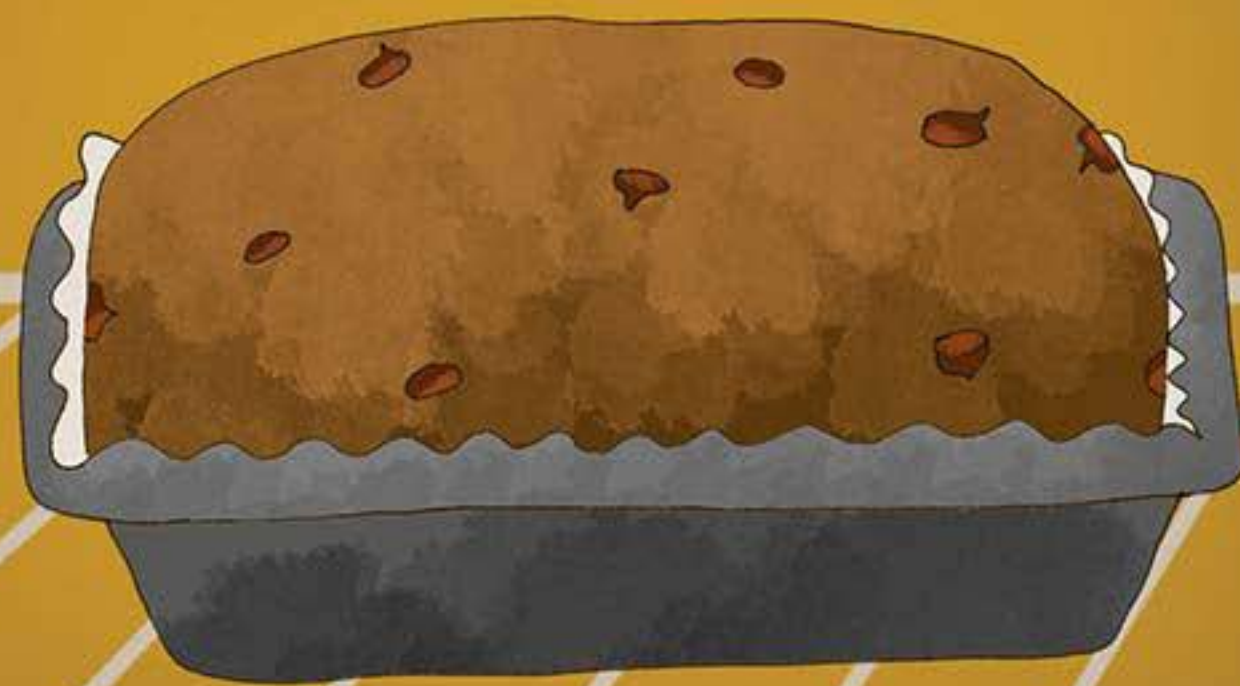


And when nobody was looking...
Xavier snuck in a handful of chocolate chips,

Shhhh don't tell anyone until it's done baking!

180° C

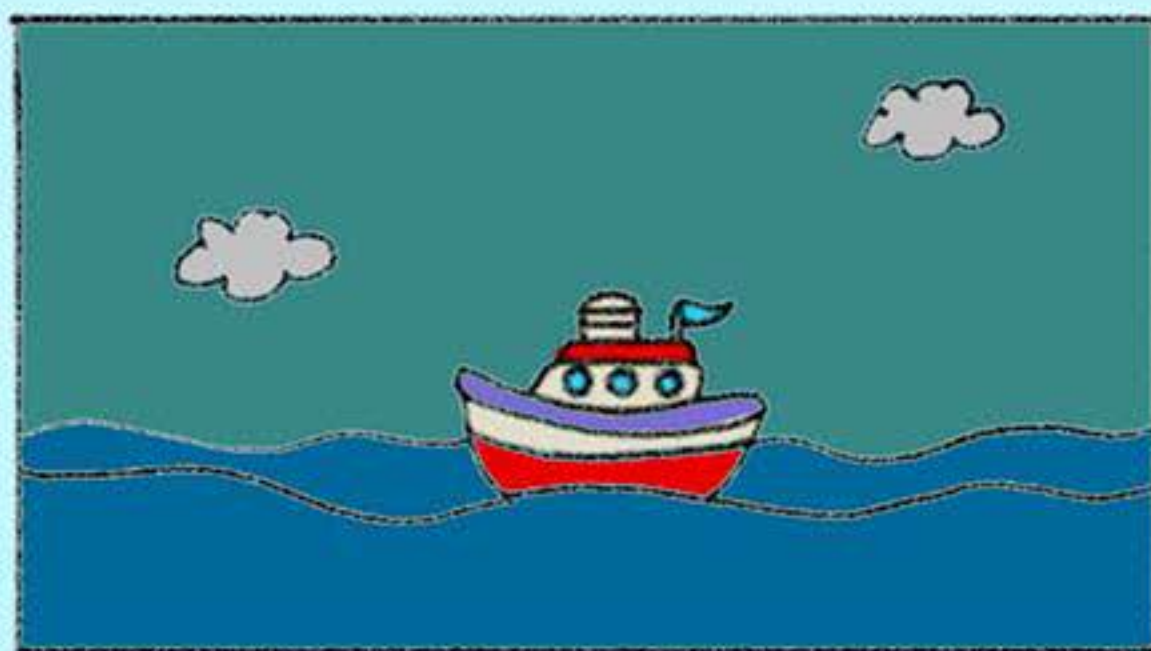
They poured the Super Banana Bread batter into a greased and parchment-paper lined loaf tin.



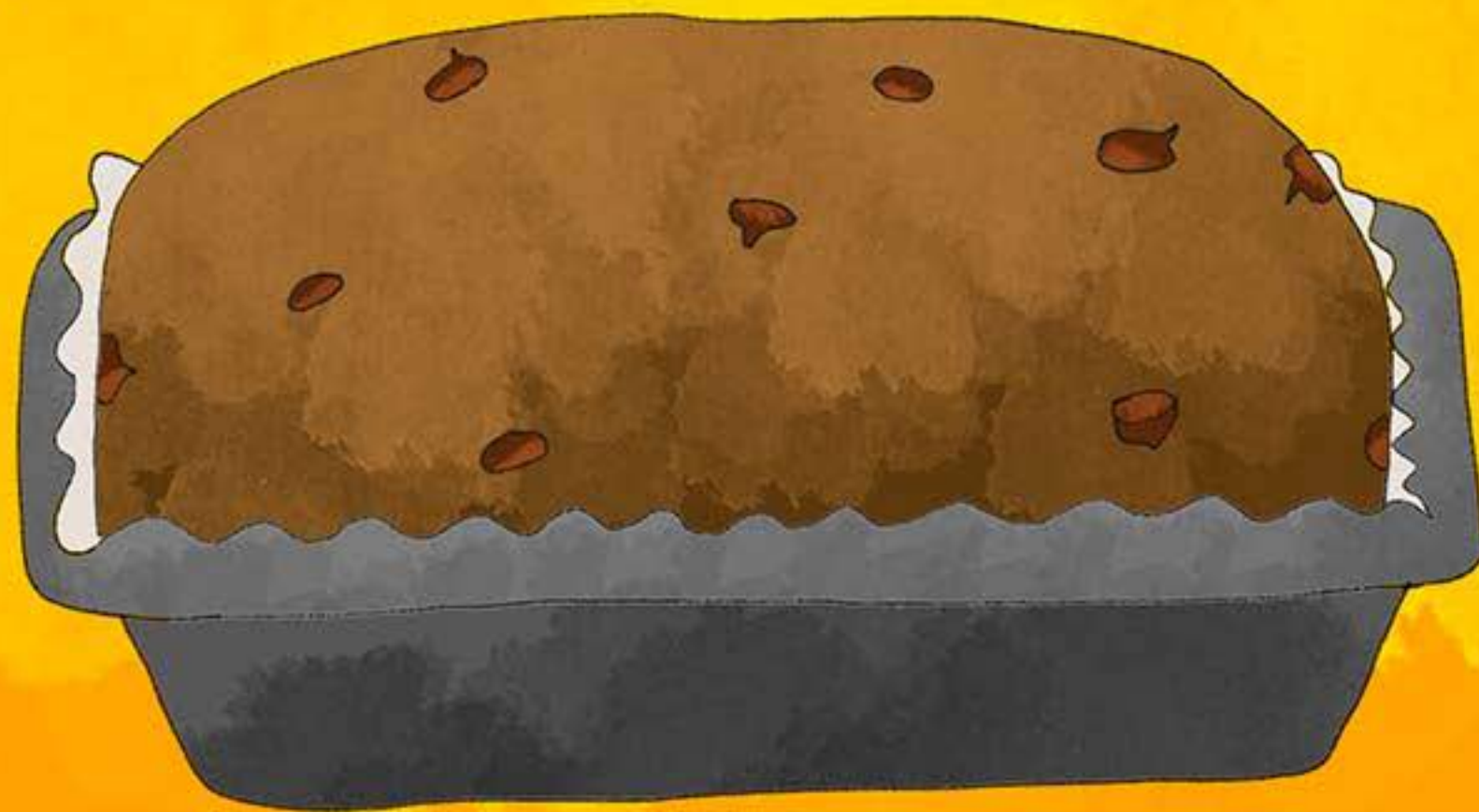
Off it goes to bake for forty minutes
In the warm and toasty pre-heated oven.

Bella hugged
her friends and
wished them
goodbye.

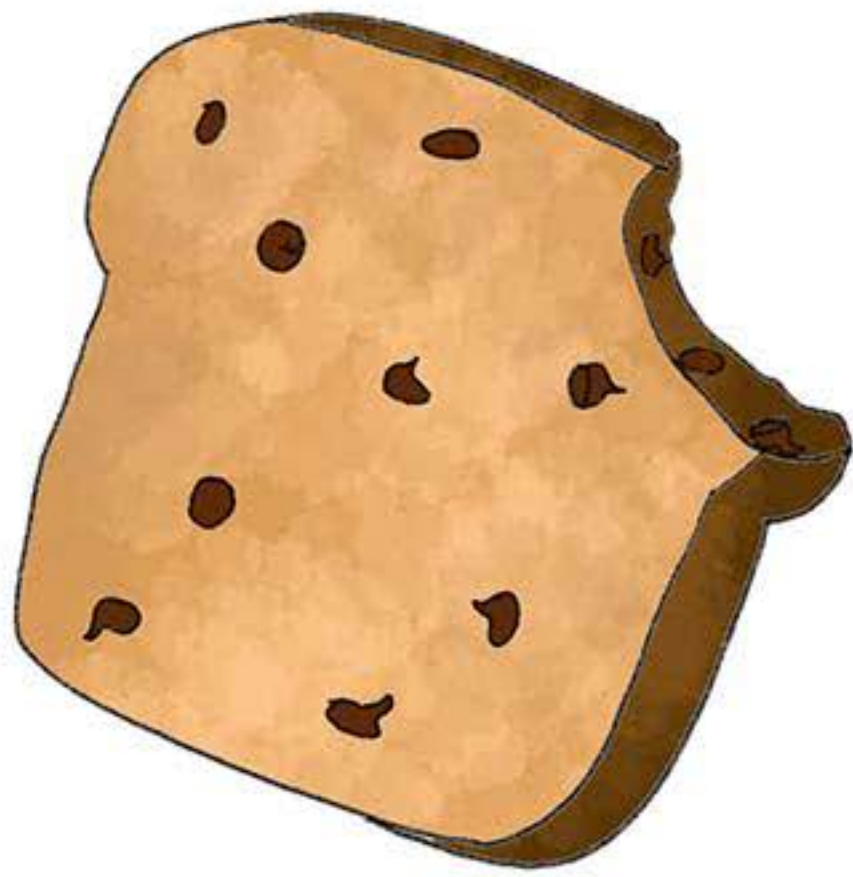
Her friends
said, "Don't be
scared of the
dark Bella,"
Keep your
spirits high".



“The Super Banana Bread is going to supercharge you with energy.



You will make the bogeyman scamper off, all frightened and cowardly!”



Bella tucked into a delicious warm slice,
Wow, cheeky Xavier, the chocolate chips are
rather nice!

Feeling full of potassium-power
from the Super Banana Bread,
Bella put on her Super Hero
costume,
ready for bed.





And in the dark, when she knew
the bogeyman had arrived...
she slowly crept out from under
the sheets...





Tiptoed down the stairs...
Extremely quiet....not a peep.

She then jumped to turn on the lights

and let out a mighty roar!



“Be gone Bogeyman!

You don’t scare me anymore!



I'm Super Bella with my Super
Banana Bread,



Now off you go and never return!”
Super Bella said.



The background of the entire image is a repeating pattern of various banana-related items. It includes whole yellow bananas, some with green stems, banana peels, and two rectangular loaves of chocolate banana bread in dark grey baking pans. The items are scattered across the white background in a non-uniform, repeating arrangement.

Recipe...

Preheat oven to 180 degrees Celsius. Grease and line a loaf tin with parchment paper .

3 ripe bananas

75ml oil

100g brown sugar

225g plain flour

3 tsp baking powder

Optional: 50g dark
chocolate chips /
chopped walnuts

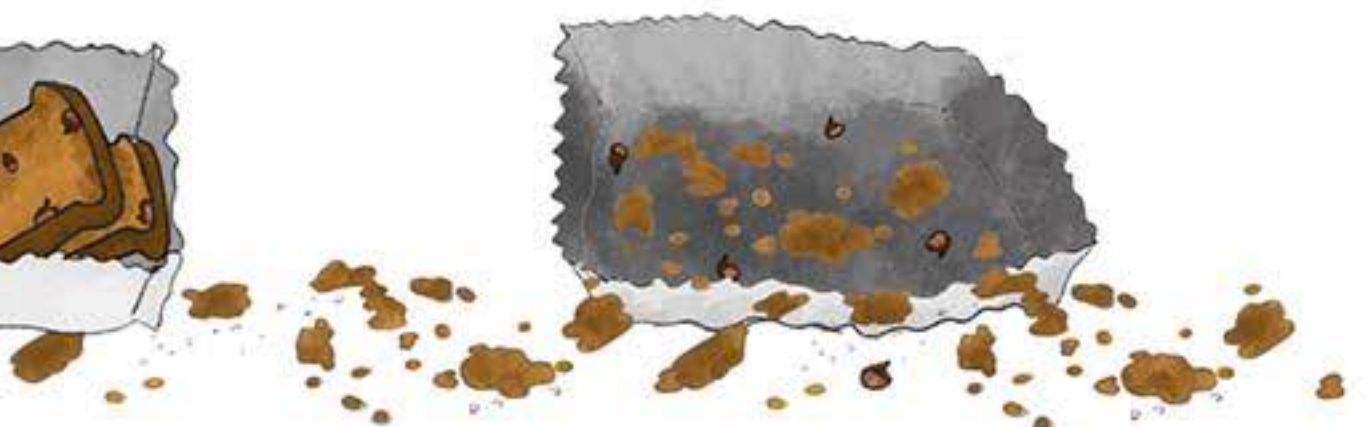
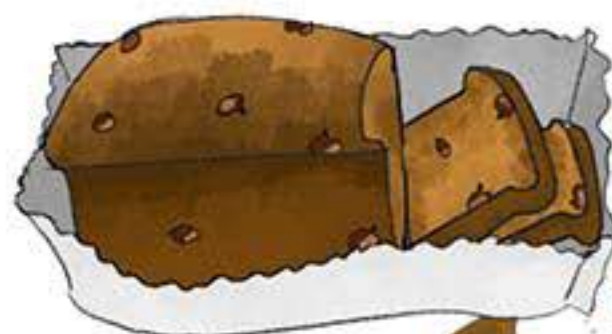
1. Mash the bananas with a fork. Then mix in the oil and brown sugar well with a wooden spoon or spatula.

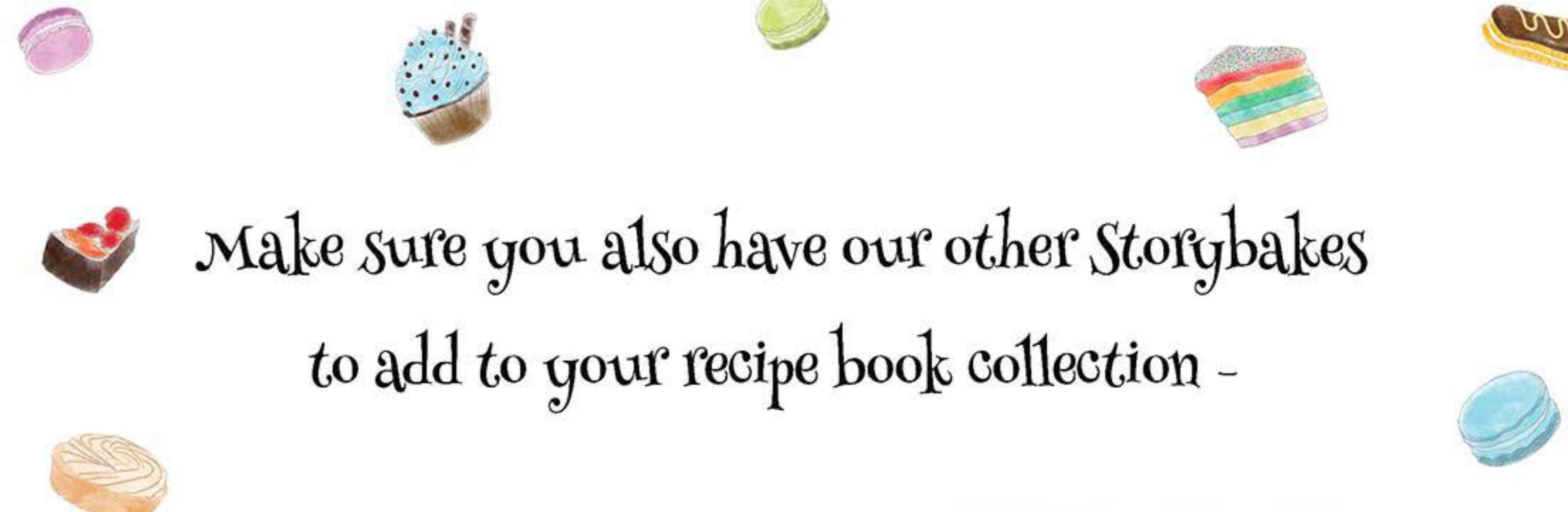
2. Add the plain flour, baking powder and vanilla and mix until combined well. Stir in the optional chocolate chips or walnuts.

3. Pour the batter into the prepared loaf tin. Place in the oven to bake for 20 minutes. At this point, if the cake is browning too much you can cover with kitchen foil.


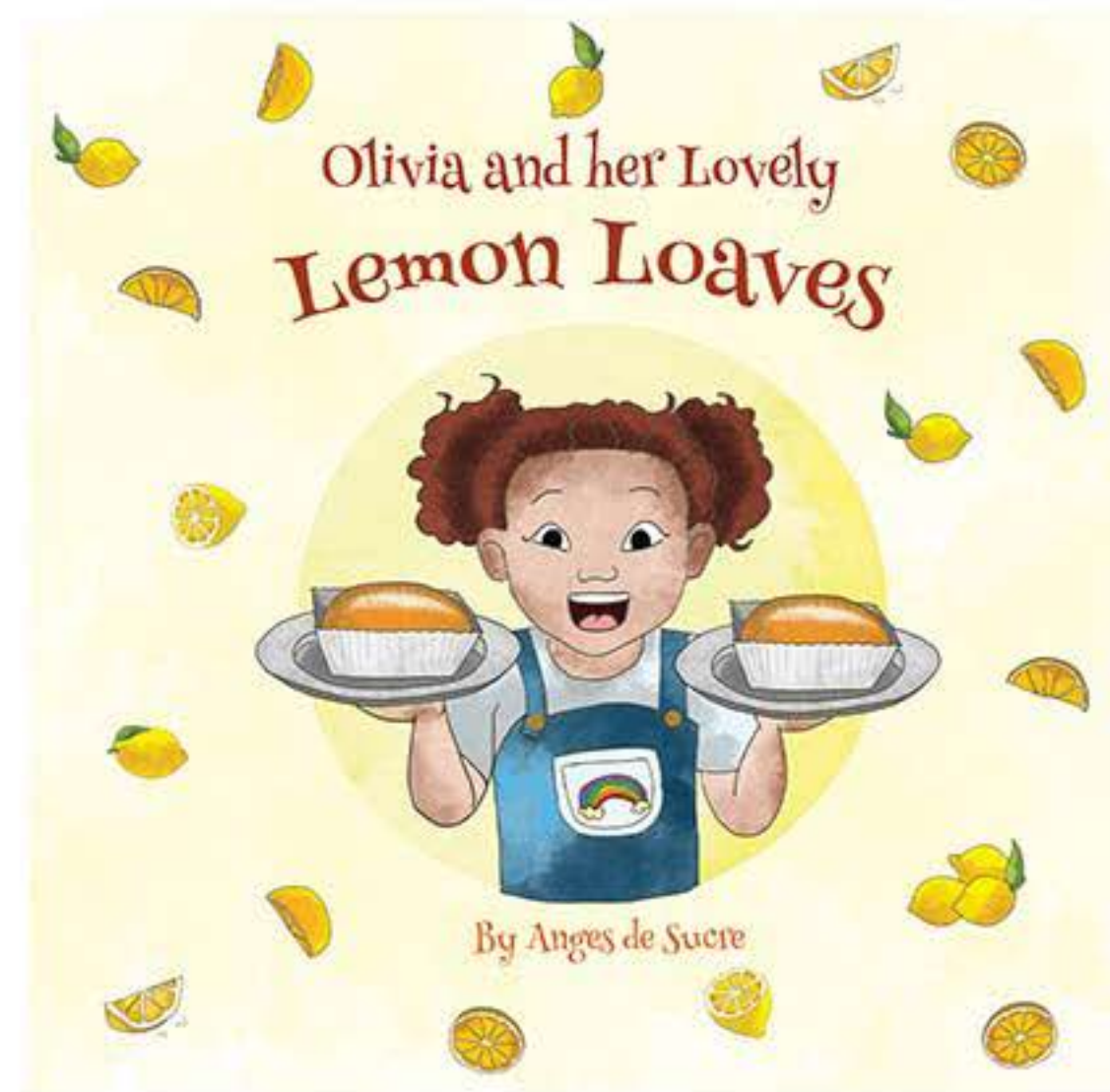
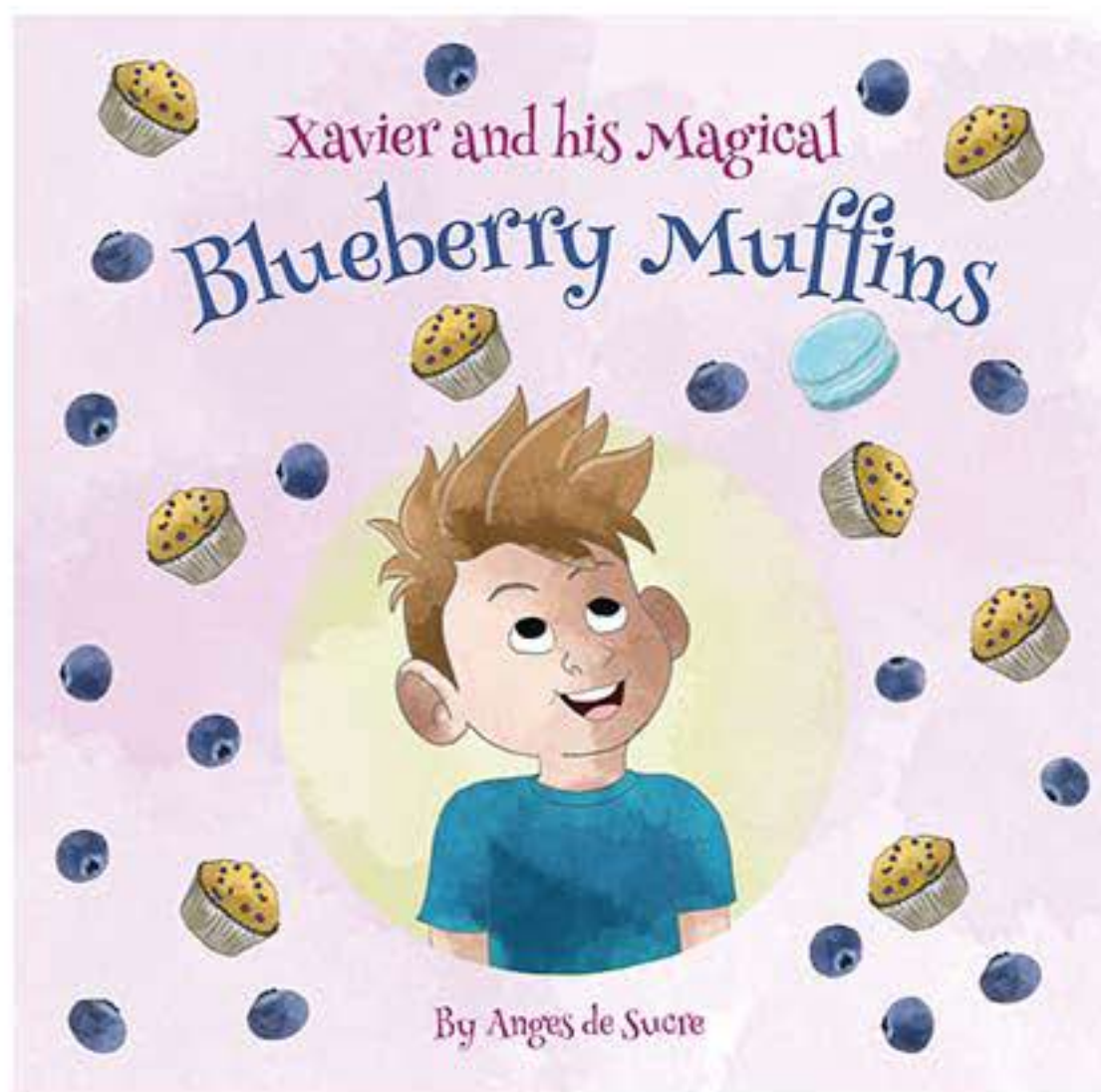
4. Let it bake for another 20 minutes, or until a skewer comes out clean.

5. Let cool completely before slicing and tucking in! This banana bread is delicious as it is, or even toasted and slathered with peanut butter.





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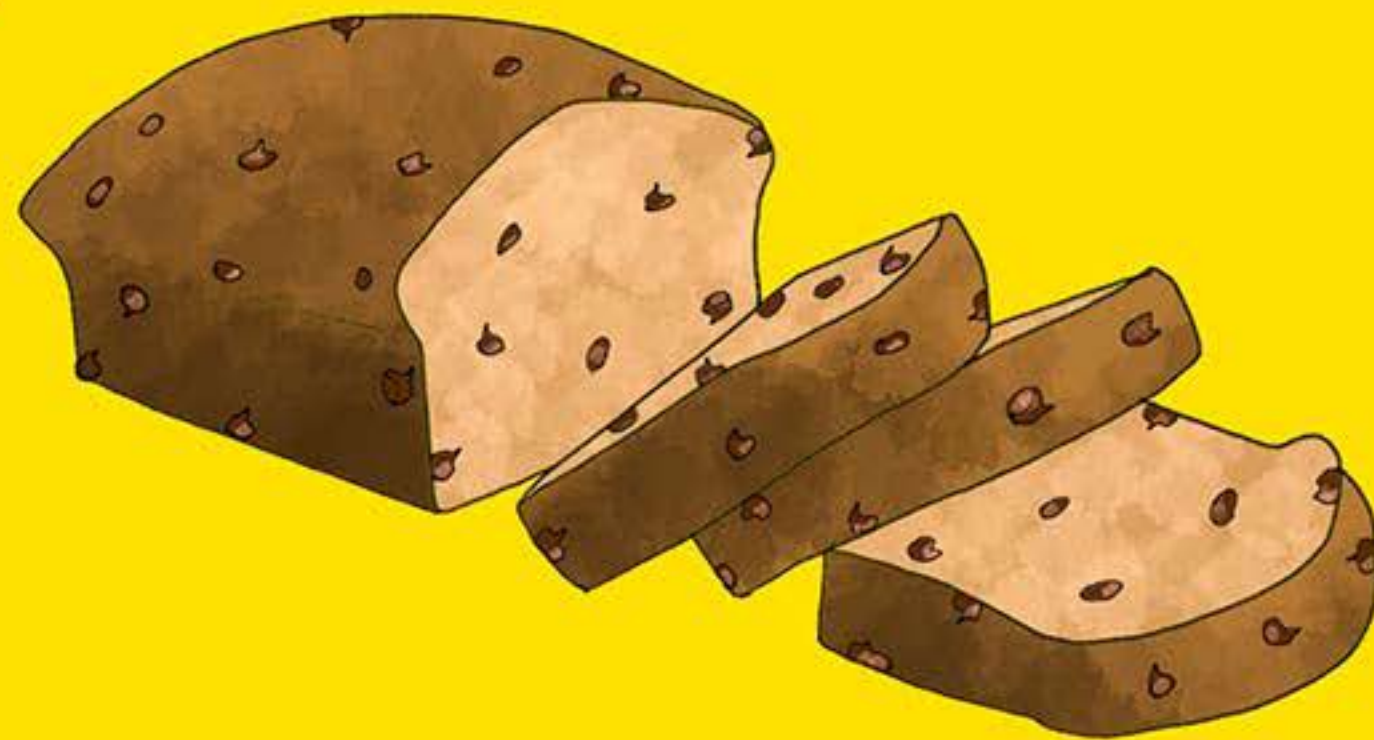
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Bella was a brave girl who wasn't scared of much...
except for the Bogeyman.

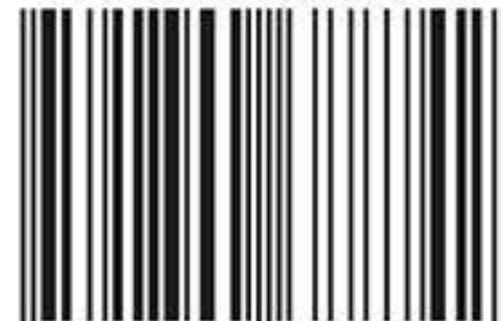
Join her and her friends in baking a delicious banana bread with a
cheeky ingredient to unlock her super power.

Can she scare off the Bogeyman now?

Enjoy this plant-based StoryBake recipe with the whole family!



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