

## Banana Upside-Down Cake

### Ingredients:

#### Ingredients for the Cake Topping

- 240 g brown sugar
- 120 g butter
- 3 tablespoons golden syrup
- 4 bananas, sliced

#### Ingredients for the Cake

- 4 ripe bananas, mashed with a fork
- 4 tablespoons yoghurt
- 180g butter, at room temperature
- 360g caster sugar
- 2 teaspoons vanilla essence
- 4 eggs
- 360g self-raising flour
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg



### Method:

1. Preheat the oven to 180°C.
2. Line two cake tins with baking paper. If you're using loose-bottomed tins, then fold the parchment at the corners so it goes up the sides of the tin too. Otherwise, the caramel will leak out into the oven.
3. Put the sugar, butter, and golden syrup for the topping in a small saucepan. Cook, stirring gently, until all the sugar and butter has melted. Pour an even amount into the bottom of each cake tin. If necessary, tilt the tin backwards and forwards so the layer of caramel covers the entire bottom of each tin.
4. Slice the four bananas into pieces about 2cm thick and gently place them in the caramel. Set aside.
5. Start to make the cake. Mash the bananas with a fork then mix into the yogurt. Set aside.
6. Using the mixer, whisk the butter and sugar until pale and fluffy.
7. Add the vanilla essence and eggs, one at a time, whisking after each one.
8. Sift the flour and spices into another bowl, and gradually fold into the wet mix. Then fold in the banana and yoghurt mixture too.
9. Spoon an even amount of batter into each cake tin, on top of the caramel and bananas.
10. Bake at 180°C for about 45 minutes. Test with a skewer to see if it's cooked. If necessary, bake for a little longer.
11. When ready, let the cake stand for a couple of minutes out of the oven. Place a plate on top of the tin and turn it over to remove the cake.
12. Serve warm with cream or ice-cream.