

Fruity banana bran cake

This fruity cake is so easy to make, so don't worry if you haven't done much baking before. It doesn't use any added fat at all and it's high in fruit and fibre, making it a healthier choice.

Serves: 12 adults

Preparation time: 20 mins

Cooking time: 55 mins

Ingredients:

100g low sugar bran flakes
250ml semi-skimmed milk
75g ready-to-eat apricots chopped
50g sultanas
40g light muscovado or soft brown sugar
150g self-raising flour
2 eggs beaten
1 banana mashed

What to do:

1. Put the bran flakes into a mixing bowl and add the milk, apricots and sultanas. Stir well. Cover and leave to soak in a cool place for 1 hour, stirring from time to time.
2. Preheat the oven to 180°C, fan oven 160°C, gas mark 4. Line a 900g (2lb) loaf tin with greaseproof paper.
3. Add the sugar, flour, beaten eggs and mashed banana to the soaked mixture and stir thoroughly. Spoon this mixture into the prepared tin.
4. Transfer to the middle shelf of the oven and bake for 50-55 minutes. Cool in the tin for 10 minutes, then turn out carefully and cool on a wire rack.

Tip 1: You could ring the changes by using dried cherries or dried blueberries instead of apricots, and replacing the sultanas with raisins.

Tip 2: Keep the cake in an airtight tin and use within 1 week. If you like, freeze individual slices in small freezer bags, ready to take for a packed lunch - they will have defrosted by midday.

Nutritional information:

Per portion (1/12 recipe)
560kJ / 132kcal
4.5g protein
2g fat of which 0.6g saturates
26g carbohydrate of which 13g sugars
2g dietary fibre
138mg sodium
0.3g salt

Suitable for freezing



Mrs Saunders:

"I like this recipe because it is super easy and very nutritious. Plus I can use different dried fruits, such as cranberries, sultanas, or figs. Just as long as the total amount of fruit is equal to the recipe."

"To be extra healthy, I also add, sunflower seeds, and flax seeds. Enjoy, a slice spread with butter and a cup of tea."

