

HEALTHY LUNCHBOX RECIPES



Fruity low-fat banana bran cake

Ingredients (Serves 12)

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

Equipment

Mixing bowl, mixing spoon, prepared baking tin and measuring spoons.

Method

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 500g (or 1lb) 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.

Preparation time: 20 minutes, plus 1 hour soaking

Cooking time: 55 minutes

Approximate cost for recipe: £1.32

Approximate cost per serving: 11p

Handy hints

- You could ring the changes by using dried cherries or dried blueberries instead of apricots, and raisins instead of sultanas.
- 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.

