

Healthier fruit brack

Preparation and cooking time: 30 minutes

Ingredients:

- ¾ cup raisins or sultanas
- 1 tsp mixed spice
- 1 tsp cinnamon
- 120 ml hot black or rooibos tea (or use hot water)
- 1 ripe banana
- 4 tbsp full fat natural yoghurt (or use plant-based yoghurt)
- 1 egg
- 2 cups wholemeal flour (or use gluten free or oat flour)
- 1 tsp baking soda
- Handful chopped walnuts (optional)

Directions:

1. Soak the raisins and spices in the hot tea. If you have time, leave for a few hours or overnight, otherwise just leave to soak while you are preparing the other ingredients
2. Preheat the oven to 180C and lightly oil at small loaf tin
3. Mash the banana together with the yoghurt and egg in a mixing bowl
4. Add the flour, baking soda, walnuts and the raisins with soaking water and mix well
5. Scrape the mixture into the loaf tin and bake in the oven for 25 minutes or until done. To test, insert a skewer into the middle of the cake. If the skewer comes out dirty, place in the oven for a further 5 minutes and recheck
6. Remove from the tin and allow to cool on a wire tray
7. Serve as it is or with a little butter. A great baking project for kids and a tasty addition to a lunchbox

Most bracks are very high in sugar. This version is naturally sweetened with fruit and can be ready in 30 minutes. Perfect for a healthier treat!