

Quick fruit bread

A loaf of soft-textured cinnamon, raisin and banana soda bread that's ready in minutes. Can be eaten as it is or lightly toasted.

Serves 10

Prep 10 minutes

Cook 25 minutes

INGREDIENTS

1 tsp sunflower oil
75g raisins
1 heaped tsp ground cinnamon
1 banana
4 tbsp low-fat natural yogurt
175g wholemeal flour
1 tsp bicarbonate of soda

METHOD

1. Preheat the oven to 180°C/gas 4. Use the sunflower oil to lightly grease a 1lb loaf tin (approx 19cm x 10cm).
2. Place the raisins in a bowl with the cinnamon and 100ml boiling water. Set aside.
3. In another bowl, mash the banana and mix with the yogurt.
4. In a large bowl, mix the flour and bicarbonate of soda together.
5. Add the banana and yogurt mix to the flour mixture. Add the raisins and water, and mix thoroughly. Pour the mixture into the loaf tin.
6. Bake for 25 minutes until firm and golden. The bread is cooked when a knife inserted into the centre comes out clean.

Chefs tips

- Once the wet ingredients are added to the dry ones, you activate the bicarbonate of soda, so pop it into the oven quickly for maximum lightness.
- You could use any dried fruit instead of raisins, such as chopped apricots, sultanas, prunes or mixed fruit.
- Try adding a teaspoon of mixed spice or a pinch of ground cloves.
- Freeze, wrapped in foil or greaseproof paper, for up to three months.
- You can freeze this bread, whole or cut into slices, for up to three months. Simply wrap in foil, put into freezer bags and label. This fruity bread can be toasted from frozen.