

Pumpkin and Banana Cake

Dry ingredients

2 cups self-raising flour
1 cup wholemeal flour
2 tsp baking powder
½ tsp baking soda
2 tsp nutmeg
2 tsp ginger
2 tsp cinnamon
½ tsp allspice
1 cup brown sugar
4 cups grated pumpkin
3 bananas, mashed
1 cup sultanas
70g chopped walnuts

Wet ingredients

4 eggs
150ml canola oil
1 cup yoghurt

Orange frosting

1 orange, thinly sliced
2 Tbsps sugar
1 cup icing sugar
1 Tbspn yoghurt

Preheat oven to 180 C. Place all dry ingredients into a bowl. Mix wet ingredients together in another bowl or jug and then pour into dry ingredients. Mix well. Pour into lightly oiled 26cm round springform tin. Bake for around 60 minutes, or until a skewer inserted comes out clean. Leave in tin for about 10 minutes before turning out. Cool and then ice with orange frosting

Orange frosting:

Place orange and sugar in a saucepan over low heat; cook until orange is soft and mixture is syrupy. Cool slightly. Place in a food processor, add icing sugar and yoghurt and process until mixture is combined but still slightly lumpy.

Health Habits:

- Using wholemeal flour – adds fibre
- Adding banana, pumpkin and sultanas – adds vitamins, minerals and fibre
- Adding walnuts – adds essential omega 3 fatty acids
- Using canola oil instead of butter – more “heart friendly”
- Basing frosting around fruit and yoghurt rather than fatty ingredients such as butter or cream cheese