Banana coconut cake

Takes about 1 hour 10 minutes, serves 8 and uses a 20cm springform baking tin.

INGREDIENTS

200g wholemeal spelt flour

2 teaspoons baking powder

1 teaspoon cinnamon

25g desiccated coconut

225g light brown sugar

150ml groundnut oil

2 teaspoons vanilla extract

2 medium eggs

250g over-ripe banana flesh, mashed

50g plain yoghurt (any type, you can use soya, traditional, coconut etc)

DIRECTIONS

Pre heat the oven to gas mark 4, 350°F, 177°C, 157°C fan.

Grease and line a 20cm springform cake tin.

In one bowl, sift together the flour, baking powder and cinnamon, then add the coconut and gently mix through.

In another bowl, mix together the sugar, oil and vanilla with a handheld mixer. Add the eggs and whisk until combined. Stir in the banana and yoghurt and mix well. Add the flour mixture from the other bowl and gently stir it all together until well combined.

Pour the mixture into the prepared cake tin, then place in the oven for 50 minutes. Make sure that a skewer or knife pushed into the middle of the cake comes out clean, if not, put back in the oven for 5 minutes at a time until it does. When cooked, remove from the oven and leave to cool in the pan for 10 minutes, then remove and place on a wire rack.