**BANANA AND PINEAPPLE CAKE**

205 calories per slice, if cut into 10; 171 calories per slice, if cut into 12

The banana and pineapple in this tantalisingly tropical cake keeps it lovely and moist and adds sweetness so you can keep the sugar content down. Just the thing with a cuppa to see you through to supper time.

Makes 1 cake with 10–12 slices

Prep: 20 minutes

Cooking time: 50–60 minutes

oil, for spraying

175g self-raising flour

2 tsp baking powder

½ tsp bicarbonate of soda

1 tsp grated nutmeg

75g soft light brown sugar

2 eggs

3 bananas (about 250g in weight), mashed

100g butter, melted

1 tsp vanilla extract

100g pineapple, finely diced

Preheat the oven to 180°C/Fan 160°C/Gas 4. Lightly spray the base and sides of a 2lb loaf tin with oil and line it with baking parchment.

Sift the flour, baking powder and bicarb into a large bowl and mix in the nutmeg and sugar. In a smaller bowl, beat the eggs, then add the mashed bananas, melted butter and vanilla extract. Add the egg mixture and the diced pineapple to the dry ingredients, then gently fold everything together until you have a pineapple-flecked batter.

Pour the batter into the prepared loaf tin and bake for 50–60 minutes, until a skewer comes out clean. Allow the cake to cool in the tin for 10 minutes, then transfer it to a cooling rack.