

Nicola Morgan's **BRAIN CAKE**

A healthy snack full of ingredients selected to fuel your brain. Linseeds, nuts and seeds are excellent sources of omega oils, while cranberries and blueberries are also very nutritious.

Best of all, it's delicious!



Ingredients

- 100g butter at room temperature (or unsaturated cooking fat)
- 75g soft brown sugar (or caster sugar)
- 2 large eggs
- 200g self-raising flour
- 1 teaspoon baking powder
- pinch of salt
- 2 large or 3 small ripe bananas mashed until fairly smooth - over-ripe ones are perfect
- 2 heaped dessertspoons linseeds
- juice and grated zest of 1 lemon or a few drops of lemon oil
- 200g altogether (you choose; have more fruit than seeds/nuts): dried cranberries/blueberries, chopped dried apricots, raisins, flaked almonds, chopped Brazil nuts/other nuts, any seeds, any dried fruit, any nuts

What to do

1. Grease 2lb loaf tin. Line with baking parchment. Heat oven to 160 fan (180 non-fan; Gas 4-5).
2. Mix butter, sugar, eggs, flour, baking powder, salt and lemon with an electric beater, till pale. Or do it by hand with a wooden spoon if you're feeling strong!
3. Gently fold banana, linseeds & nut /seed/fruit mix into cake mixture with metal spoon. Don't over-mix.
4. Immediately tip the mixture into the prepared tin.
5. Put in oven for 50-60mins. Cake is ready when you put a knife into it and it comes out clean.
6. Remove from oven and leave in tin for 10 mins. Turn out and cool on wire rack.

Enjoy! 😊

For more details about fuelling your brain, see www.nicolamorgan.com

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