

Beetroot and courgette cake

For a delicious and yummy treat try Paul Young's cake flavoured with sultanas, beetroot and courgettes.

Ingredients

75g (3oz) all-bran cereal
400-450ml semi-skimmed milk
150g (5oz) unrefined caster sugar
130g (4 1/2 oz) sultanas
25g (1oz) beetroot, grated
25g (1oz) courgette, grated
180g (6 1/2 oz) self-raising flour, sifted
1 tsp Baking powder, sifted
1 tbsp clear honey

Method

1. Preheat the oven to 180°C/350F/ gas 4. In a large mixing bowl set the all-bran to soak in the milk until soft and porridge-like. Add the caster sugar, beetroot, courgette, self-raising flour, baking powder and honey to the soaked all-bran, mixing well. Spoon the mixture into a parchment-lined, greased large loaf tin or deep 20cm cake tin. Bake for 1 hour until set. Remove from the oven and cool in the tin.