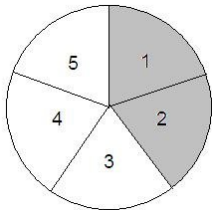


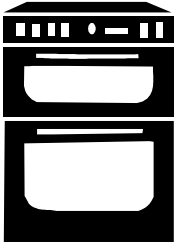
Apple or Pineapple & Sultana Upside-down Cake

Serves 4-6

Portions of fruit & vegetables per serving: 2
(Based on 4 servings)



Oven needed



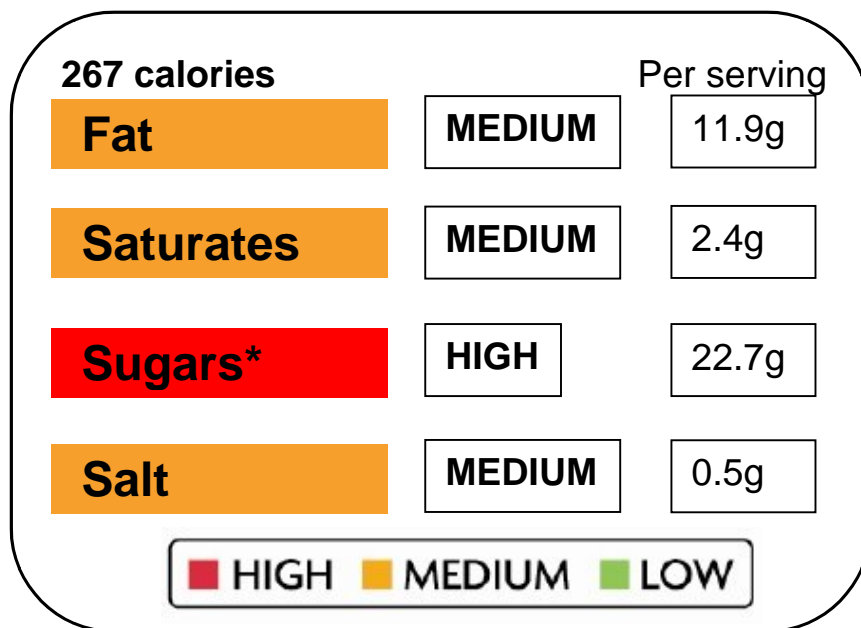
Ingredients	Amount	Preparation
apples or pineapples tinned in fruit juice	1 large tin (430g/15oz)	drained and cut into chunks
low-fat margarine	75g (2½oz)	
sugar	50g (2oz)	
eggs	2 medium	beaten
self raising flour	100g (3½oz)	
sultanas	75g (2½oz)	

Please Turn Over



Method

- 1 Preheat oven to gas mark 4/180°C/350°F.
- 2 Grease a 7 inch, shallow cake tin and line the base with greaseproof paper.
- 3 Spread the apples or pineapple chunks over the base of the tin.
- 4 Place the margarine and sugar in a bowl and beat together with a wooden spoon or hand mixer until light and fluffy. Add the eggs and mix well, fold in the flour and add the sultanas and gently mix in.
- 5 Spread the mixture evenly over the apple or pineapple. Place in the oven and bake until golden brown and firm to touch.
- 6 Turn onto a plate and remove the greaseproof paper. Serve hot as a dessert or cold at teatime.



* These sugars are 'natural sugars', which occur in foods such as fruit. Although all sugars can cause tooth decay, fruit has many benefits. Try to restrict foods high in natural sugar to mealtimes only, and cut down on foods high in 'added sugar' such as sweets, cakes and biscuits.

Handy Hints

- For variety, try using different fruits such as pear or mango tinned in fruit juice.
- You could serve with low-sugar custard or natural yoghurt

