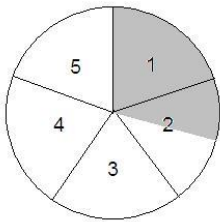


Apple Cake

Serves 6

Portions of fruit & vegetables per serving: $1\frac{1}{2}$



Oven needed



Allergen information:

Allergens are in bold.

Contains egg

Contains nuts

Contains cereals
containing gluten

May contain milk and
sulphur dioxide

Ingredients	Amount	Preparation
low fat margarine	75g ($2\frac{1}{2}$ oz)	
brown/demerara sugar	50g (2oz)	
eggs	2 medium	
apples	4 medium	peeled, cored & grated
raisins	75g ($2\frac{1}{2}$ oz)	
almond essence	1 teaspoon	
vanilla flavouring	1 teaspoon	
self-raising flour	200g (7oz)	sieved
ground cinnamon	1 teaspoon	
ground mixed spice	1 teaspoon	
baking powder	1 teaspoon	

Please Turn Over

Method

- 1 Pre heat the oven to gas mark 5/ 190°C/ 375°F.
- 2 Place the sugar and margarine in a bowl and beat together with a wooden spoon or hand mixer.
- 3 Add the eggs, apple, raisins, almond essence and vanilla flavouring and mix well.
- 4 Sieve the flour, cinnamon, mixed spice and baking powder slowly into the mixture and gently stir until combined.
- 5 To check the mixture is the right consistency, hold a spoonful over the bowl. The mixture should fall off the spoon by the count of 5. If it is too stiff, add a little fruit juice or milk, if it is too runny add a little flour.
- 6 Lightly grease a cake tin with low fat margarine and pour in the mixture.
- 7 Bake in the oven for 30 minutes until golden brown and springy to the touch.

305 calories		Per serving
Fat	MEDIUM	11.3g
Saturates	MEDIUM	2.2g
Sugars*	HIGH	19.9g
Salt	MEDIUM	0.8g

■ HIGH
 ■ MEDIUM
 ■ LOW

* 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

- Dried fruits like raisins are a great source of fibre and count as one of your 5aday.