

APPLE & HONEY CAKE



QUICK

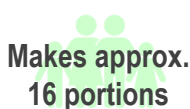


13 mins

HEALTHY

Honey is a great replacement for sugar as it contains vitamins & minerals e.g. calcium, iron & magnesium

FAMILY



Makes approx. 16 portions

MEALS

Snacks can keep us going between meals. This contains lots of apple and raisins & can count as 1 of your 5-a-day

INGREDIENTS

- 200g self-raising flour
- 115g SR wholemeal Flour
- 1 tsp baking powder
- ¼ tsp bicarb of soda
- A pinch of salt
- 1 tsp cinnamon
- 100g coconut oil
- 450g apples
- juice of 1 orange or 100ml almond milk
- 100g raisins
- 2 eggs
- 100g honey

METHOD

1. Turn on the oven to 200°C
2. Put greaseproof paper into a loaf tin
3. Sift the flour, baking powder, cinnamon and bicarb of soda into a large bowl
4. Melt the coconut oil in a pan and add
5. Wash and de-core the apples.
6. Cut into small chunks – no need to peel
7. Add to the flour mix
8. Add the orange juice or almond milk
9. Add the eggs, honey and raisins
10. Mix well
11. Pour into the prepared loaf tin
12. Cook for 30-40 mins till a skewer comes out clean
13. Put on a cooling rack to cool slightly
14. Delicious eaten whilst still warm



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com