

APPLE, ORANGE, RAISIN & HONEY CAKE



QUICK



15 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 - raisins & orange, so can count as 1 of your 5 -a-day!

INGREDIENTS

- 315g self-raising flour
- 1 tsp baking powder
- ¼ tsp bicarb of soda
- A pinch of salt
- 1 tsp cinnamon
- 100g coconut oil
- 450g apples
- 2 oranges – zest of 2 and juice of 1
- 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. Add the coconut oil
5. Rub it in until like breadcrumbs (it's a bit harder than using butter)
6. Cut the apples into small chunks – no need to peel
7. Add to the flour mix
8. Add the zest and juice of the oranges
9. Add the eggs and honey
10. Add the raisins and mix together
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