

Mixed loaf bread

Ingredients:

Mixed fruit tea bread
150g (6oz) raisins
300ml cold tea
100g (4oz) sultanas
1 egg beaten
50g (2oz) currants
200g (8oz) wholemeal or plain flour
150g (6oz) soft brown sugar
1 1/2tsp baking powder*
50g (2oz) cherries (optional)
1/2 tsp ground mixed spice

Method:

1. Soak fruit and sugar in tea overnight.
2. Add egg, flour, baking powder and spice and mix thoroughly. If using, add cherries.
3. Pour into 2lb loaf tin and level the top. Bake for 1 1/4 hours at 180°C (160°C fan), Gas mark 4.
4. Enjoy! If you need extra calories spread with butter. The loaf will keep for a week if wrapped in foil.

“ This recipe for tea loaf has a soft texture and uses a wide range of dried fruits which can be a helpful addition of kcals, nutrients and fibre including iron.”

