

The **COOK'S** Choice**Easy Bramley Apple and Sultana Teabread** **Preparation time:** 15 minutes **Cooking time:** 50 minutes **Serves:** 6-8 **Ingredients**

25g porridge oats

50g Muscovado sugar

2 medium Bramley apples, cored, peeled and grated

6 tbsp apple juice

4 tbsp olive oil

115g self raising flour

115g sultanas

½ tsp baking powder

1tsp mixed spice

1 medium egg, beaten

Pre heat the oven to 180°C Gas Mark 4.

Place the oats and sugar into a bowl, add the grated apple, juice and oil, mix well and then leave for 15 minutes.

Add the flour, sultanas, baking powder, mixed spice and egg and mix well, but carefully.

Spoon the mixture into a greased and lined 1lb loaf tin.

Bake for 45-50 minutes, then remove from the oven and cool slightly.

When cool, slice and serve with a smidgeon of olive oil spread (if that's allowed)

Copyright Phil Vickery

April 2008

