

Apple Loaf

By Emma Theobald (Abbeyfield Marketing Team)

Abbeyfield
Making time for older people



4-8 servings



Prep: 30 minutes

Cook: 1 hour

INGREDIENTS

2 large eggs

4 oz margarine

4oz sugar

8oz self raising flour

1 level teaspoon of honey or
syrup

2 oz sultanas

2oz walnuts or another 2oz
sultanas

Pinch of salt

1 level teaspoon of mixed spice

1 medium cooking apple,
peeled, cored and chopped

METHOD

1. Place all ingredients in a deep bowl and mix for 2 minutes.
2. Put into a 2lb loaf tin (lined).
3. Bake for 1 hour gas mark 4 or 180C, then reduce to gas mark 3 for another 10 minutes (if required).
4. Freeze to save some (if you want to).