



Borrowdale Teabread

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Abbeyfield
Making time for older people



 4-8 servings

 Prep: 30 minutes
Cook: 1 hour

INGREDIENTS

100 ml milk
50 g butter
3 eggs
1 tbs cocoa
2 tsp baking soda
a pinch of salt
3 eggs

METHOD

1. Soak fruit overnight in the tea.
2. The next day, stir in the sugar, beaten egg and melted butter.
3. Sieve together the flour and bicarbonate of soda and fold them into the mixture.
4. Divide the mixture between two greased/lined 1lb loaf tins.
5. Bake for one hour on gas mark 4 – electric 180C.

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