

Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



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Apple and Raisin Cake

You'll need:

- 1 cup apple juice
- 1 cup chopped prunes
- 1 cup raisins
- 1 cup oat bran
- 1½ cups wholemeal self raising flour
- 2 cups grated apple with skin
- 1 teaspoon vanilla



Here's what to do:

1. Boil apple juice.
2. Pour juice over prunes, raisins and oat bran. Soak for 10 minutes.
3. Add remaining ingredients to prunes mixture and mix thoroughly.
4. Pour mixture into greased loaf tin.
5. Bake at 180°C for 50 minutes.

