

Special Fruit Loaf – Men's Section Only

RECIPE

Ingredients:

175g (1 cup) mixed fruit	220g (1 cup) sugar
30g butter	1 tsp bicarbonate soda
250ml (1 cup) Boiling Water	300g (2 cups) self-raising flour
1 tsp mixed spice	1 egg, lightly beaten

Method:

Preheat oven to 180 degrees, grease and line a loaf tin. Place mixed fruit, sugar, butter and bicarbonate soda in a bowl and pour boiling water over ingredients, stir until butter melts and sugar dissolves. Sift in flour and mixed spice, add egg stir until combined. Pour mixture into prepared tin and bake for 45 minutes or until cooked. Cool in tin.