

## Bara Brith- Keeping SW80K runners on course since 2019!

**For 1 loaf (enough to feed 8 people), you will need:**

150g currants

150g sultanas

160g muscovado sugar

250g self-raising flour

2 tea bags

1 egg

### **How to make your bara brith**

1. Put the kettle on and make 250ml of tea (1 large cup). Leave to brew for 5 minutes
2. Put the currants, sultanas and sugar into your mixing bowl and pour the hot tea over them.
3. Stir until the sugar has dissolved and then leave so soak, ideally overnight but at least 1 hour.
4. Add your flour and egg and then beat the mixture together to combine well.
5. Pour the mixture into a greased and lined baking tin and bake in a low oven (150 degrees) for 80 minutes.
6. Once cool, cut into slices and spread with butter.