

Eat Your Way to Health

Hands Together Ludlow in partnership with Discovery Centre, Craven Arms

Apple cake

Grease & line a 23 cm square cake tin
Pre-heat oven to 180C

Ingredients:

- 250 gm apples
- Juice of ½ a lemon

Cake mix:

- 225 gm plain flour (about 2/3 wholemeal is nice)
- 1 ½ tsp baking powder
- 115 gm butter or margarine, very soft
- 115 gm soft brown sugar
- 1 egg, beaten
- 2-3 tbs milk

Topping (optional):

- 50gm Demerara sugar
- 1 tsp cinnamon

Method:

1. Peel and core the apples and cut into chunks
2. Toss in the lemon juice and set aside
3. Sift the flour/s and baking powder together
4. Rub in the butter until it's like fine crumbs
5. Stir in the apples, the soft brown sugar, the beaten egg and enough milk to form a soft doughy mix
6. Transfer to the prepared cake tin
7. In a small bowl, mix the Demerara sugar and the cinnamon & sprinkle over the mixture in the tin
8. Bake for 45-50 minutes until a skewer comes out clean
9. Leave to cool in the tin for 10 minutes, then transfer to a wire rack to cool

Serve cold as a cake, but bear in mind that the moisture from the apples means that it won't keep very long. However, it freezes well. You could also serve it hot as a pudding with ice cream, crème fraiche or plain yogurt.