



GF Friendly

Rock Buns

Easy budget cakes with mixed fruit

Our kids always used to love these and many times we let them actually make them because it's so easy. You can substitute self-raising flour instead of plain; but in this case leave out the baking powder. As an addition, you can mix in the grated rind of half a lemon. I didn't have one, so I left it out.

- 250g plain flour
- 125g table spread, margarine or butter
- 2 level tsps baking powder
- 1 level tsp mixed spice
- A pinch of salt (optional)
- 125g raw or white sugar
- 125g mixed dried fruit or sultanas
- 1 beaten egg
- Milk to bind



In a suitable bowl, mix the flour, baking powder, spice and salt if using; then rub in the margarine until it is like fine breadcrumbs. Stir in the sugar and fruit, making sure to separate any stuck together. Next, mix in the beaten egg with enough milk (don't overdo it!) to give a stiff, crumbly consistency.

Pile in rough heaps (about a heaped tablespoon each) on a tray lined with baking paper – you should get around 12. Bake on 175°C fan forced (200°C conventional) for 15 minutes, or until golden brown.

Makes 12 buns

okay to freeze

Tip: you can sprinkle with a little sugar when the buns are still hot from the oven.

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