

GF Friendly

Apple Oat Cake

A moist fruity oat cake with apple and sultanas

It took a while to actually get round to baking this because I kept changing the ingredients. As you can see it turned out okay and tasted good. If you don't eat it all straight away or freeze it I suggest storing it in the fridge to avoid it going mouldy.

- 1 cup quick oats
- 2 cups self raising flour
- 2 tsps baking powder
- 1 cup milk, **slightly** warmed
- ½ cup sugar
- ¼ cup olive oil
- 1 beaten egg
- 1 can (410g) apple slices
- ½ cup sultanas



Drain the juice from the apples into a bowl. In the same bowl put the oats, sugar and milk, give it a stir to mix, then let stand for 5 minutes. In another bowl combine the flour and baking powder. Also add the sultanas and separate any stuck together. Next, chop the apple slices into small 1.5cm pieces.

Pour the oat, sugar and milk mix into the flour bowl, stir well before turning in the apple. Finally put in the oil and egg and combine carefully.

Line a cake tin with baking paper – I used a 20cm x 6cm tin (8 x 2½ inches).

Pile in the cake mix and ensure it meets the edges. Make a slight indentation in the centre (this helps it to cook right through).

Bake on 162°C fan forced (180°C conventional) for 35 – 40 minutes until golden. Check the centre is cooked by pressing down lightly. If it feels solid and doesn't dent, your cake is done.

Gluten free self raising flour is available

okay to freeze

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