



Malt Loaf

a tasty lunch-box or anytime snack

Malt loaf is a sweet and tasty bread that is easy to make and will stay moist for days if kept in a sealed container, or wrapped in foil. No fat is used, although there is some sugar, so it isn't 100% weight-watcher friendly. However, it is still better for you than the average cream cake or cookie, making it a healthier option in the lunch-box, or as a pleasant change for coffee mornings. It can be eaten as is, spread with butter, or your favourite conserve.

230g (8 oz) self raising flour
85g (3 oz) sultanas
1 tsp bicarbonate of soda
2 Tbsp golden syrup
2 Tbsp malt extract
25g (1 oz) brown or raw sugar (Demerara)
1 egg
150ml (1/4 pint) milk



Put the flour, soda, sultanas and sugar in a bowl and combine well, separating any fruit that has stuck together. Beat the egg.

Warm the malt, syrup and milk in a pan over a low heat to blend, but do not allow to boil. Add this to the dry ingredients along with the egg and mix well.

Pour into a 24cm X 13cm (9 X 5 inch) loaf tin lined with baking paper and bake in the oven 170°C (150°C fan forced) for 35-45 minutes, or until brown and the top springs back when pressed lightly.

Freezes well

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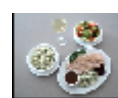
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