

Apple and Hazelnut teabread



Ingredients:

1 Large egg
125ml/4 fl oz rapeseed oil
(Or any cooking oil of your choice)
175g/ 6oz apples washed and cored
but with the skins left on.

1tbsp well heaped of black treacle
150g/5oz wholewheat flour

½ tsp baking powder
1 tsp bicarbonate of soda
1 tsp ground cinammon
(or mixed cake spice if you prefer)
100G/ 4 oz sugar (any kind you like)

75g/30z sultanas or mixed fruit
75g/3oz hazelnuts, chopped

Method:

1. Preheat the oven to 180C/350 F/ gas mark 4.
Grease and line the base of a 900g/2lb loaf tin with greaseproof paper.
2. Beat the egg and oil together in a jug. Grate the apples into a large bowl, using a medium sized grater.
3. Sift the flour, baking powder, bicarbonate of soda, and spices into the bowl and stir in the sugar, treacle, sultanas and hazel nuts.
Pour in the oil and egg and mix into a thick batter.
Pour into the prepared tin.
4. Bake for about 1 hour or until a skewer comes out cleanly.
Cool in the tin for 10 minutes or so then turn out onto a wire rack.
Stores for about a week.