



Tea bread

Ingredients:

- 350g mixed fruit (sultanas, raisins, apricots, etc)
- 300ml strong, hot tea
- 1 egg beaten
- 50g muscovado sugar
- 275g self raising flour

Method:

1. Mix sugar with dried fruit, add hot tea, stir well and leave to soak overnight.
2. Stir in flour and egg and pour into greased and based lined 1kg loaf tin.
3. Bake for 1½ - 1¾ hours at 150C/300F/Gas Mark 2.
4. Cool and slice.

Freezes well

Did you know ?

In making dried apricots, fresh apricots are stripped of their water content without tampering with their nutrient qualities. It takes 5 pounds of fresh apricots to produce only one pound of dried apricots. For this reason, dried apricots carry a much higher concentration level of nutrients than any other forms.

They are also rich sources of beta carotene (plant form of vitamin A) and also contain potassium, iron, calcium, silicon, phosphorus, and vitamin C.

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