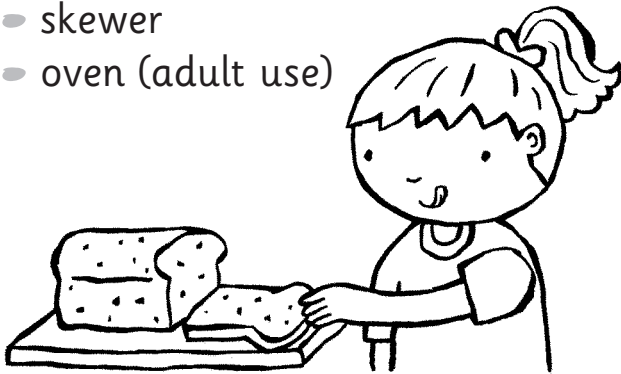


# Tasty teabread

## Equipment

- mixing bowl
- wooden spoon
- 1kg loaf tin
- sieve
- weighing scales
- skewer
- oven (adult use)



## Ingredients

- 250g wholemeal self-raising flour
- pinch of salt
- 2 eggs
- ½ tsp ground mixed spice
- 125g light muscovado sugar
- 90g butter or margarine
- 120ml milk
- 30g chopped dates
- 30g dried chopped apricots
- 30g sultanas
- vegetable oil for greasing
- butter or margarine for spreading

**1** Grease the loaf tin with vegetable oil. Preheat the oven to 160°C/325°F/Gas Mark 3.

**2** Sieve the flour, salt and mixed spice into a mixing bowl.



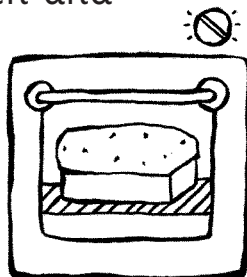
**3** Stir in the sugar, then rub in the butter, using fingertips, until the mixture resembles breadcrumbs.

**4** Beat together the egg and the milk and add them to the bowl with the dried fruits.



**5** Mix well, then turn into the loaf tin.

**6** Bake for approximately one hour until well risen and golden brown. (Check with a skewer to make sure that it is cooked through.)



**7** Cool in the tin for ten minutes, then leave to cool on a cooling rack.

**8** Serve the teabread sliced and buttered.

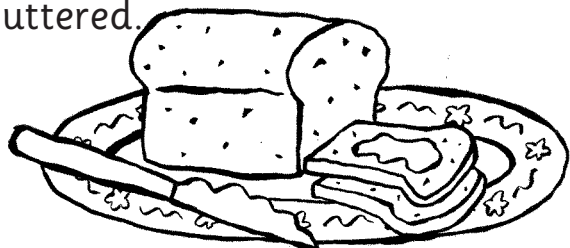


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