

APPLE CAKE

2 medium to large apples

$\frac{3}{4}$ cup raw or brown sugar

125 grams butter

1 egg

$\frac{1}{2}$ cup raisins

1 $\frac{1}{4}$ cups flour (a good combination is $\frac{2}{3}$ spelt and $\frac{1}{3}$ wholemeal or buckwheat)

1 teaspoon baking soda

1 teaspoon cinnamon

$\frac{1}{2}$ teaspoon allspice

$\frac{1}{2}$ teaspoon nutmeg



Pre-heat oven to 180 degrees Celsius. Line an 8-inch/20 cms cake tin well with baking paper.

Core and slice apples thinly. Place in a bowl and cover with the sugar.

Melt the butter, then blend in the egg with a fork or whisk. Add to the apples and sugar.

Add the raisins and the dry ingredients. Add a dash of boiling water to the baking soda to dissolve, then add to the mixture. Stir altogether until just mixed through.

Pour into the cake tin and spread evenly.

Bake for 1 hour. Decorate with sieved icing sugar when cooled.

Delicious!!

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