

Barb's Fruit Slice

Serves: 24

Prep time: 10 minutes

Cook time: 30 minutes



½ serve per portion

Ingredients

- 1 egg
- ¼ cup sugar
- ½ teaspoon bicarb soda
- ½ cup apple sauce (canned or from jar)
- ½ cup dried apricots, diced
- ½ cup dried dates, chopped
- ½ cup sultanas
- ½ cup currants
- ¾ cup apple, diced
- ½ teaspoon mixed spice
- ½ cup skim or low-fat milk
- ¾ wholemeal self-raising flour
- ¾ cup self-raising flour

Method

PREHEAT oven to 180°C. Line a slice pan with baking paper.
BEAT egg and sugar in a medium sized bowl for one minute with electric beater.
STIR bicarb soda into the apple sauce (it will froth), then add to the bowl.
ADD the dried fruits, diced apple, mixed spice and milk and mix well.
SIFT flours and gently fold into the fruit mixture.
SPREAD mixture into a slice pan and smooth the top with spatula.
BAKE for 25-30 minutes or until firm to the touch.
COOL then cut into squares. Refrigerate in hot weather.



Discretionary Food

Recipe courtesy of Barb McMillan, Dirranbandi Branch