

HEALTH LOAF

Prep time 1 hour

INGREDIENTS

1 cup whole meal self raising flour

1 cup oat bran or barley bran

1 cup raw sugar

1 cup mixed fruit, ½ cup apricots
& ½ cup of dates/saltanas/raisins

1 cup low fat milk

Sunflower seeds

METHOD

1. Combine all ingredients except for the sunflower seeds
2. Preheat oven to 180 degrees
3. Put mixture into a well greased loaf pan
4. Sprinkle top with sunflower seeds and press a little
5. Cook for 1 hour on 180 degrees

SHOPPING LIST

Wholemeal self raising flour

Oat bran or Barley Bran

Raw sugar

Mixed fruit

Apricots/saltanas/raisins

Low fat milk

Sunflower seeds