

Blackberry and Apple Loaf



A great addition to the kids lunch box when they go back to school and an ideal way to get them to eat fresh fruit.



Ingredients

- 250g self-raising flour
- 175g butter
- 175g light muscovado sugar
- $\frac{1}{2}$ tsp cinnamon
- 2 rounded tbsp demerara sugar
- 1 small apple, quartered (not cored or peeled)
- 2 large eggs , beaten
- 1 orange , finely grated zest
- 1 tsp baking powder
- 225g blackberries

Method

Prepare oven to 180C / gas mark 4. Line the base of a loaf tin (1.7l) and butter. Rub the flour in a large bowl with the butter and sugar to produce crumbs. Add 5 level teaspoons of mixture into a bowl in preparation for the topping and add the cinnamon and demura sugar.

Grate the apple to the core and mix in the eggs and lemon zest. add the baking powder into the crumbs and stir the egg in quickly, making sure not to overmix.

Fold the three parts of the berries in to the mixture without breaking them up. Spoon the mixture into tin and level and scatter the remainder of the berries to the top. Add the topping previously prepared and bake in the oven for approx 1hr 15mins. After 50mins cover the tin with foil if it is browning too much. Test the cake with a skewer when ready to test.

turn the loaf out after 30mins and leave to cool.