

Ginger and apple loaf

Serves: 12

Prep time: 15 mins

Cook time: 45 mins



Ingredients

2 cups wholemeal self-raising flour
1/3 cup sugar
2 tsp ground ginger
1 tsp mixed spice
60g margarine, melted and cooled
2 eggs
1/2 cup reduced-fat milk
1 tsp vanilla extract
1 can (400g) canned apple, no added sugar

Methods

Step 1: Preheat the oven to 180°C (160°C fan-forced). Grease a loaf tin and line the base with baking paper.

Step 2: Combine the wholemeal self-raising flour, sugar, ground ginger and mixed spice in a large bowl. Stir to mix evenly.

Step 3: In a separate bowl or jug, whisk together the melted margarine, eggs, milk and vanilla extract. Add the canned apple and stir to combine.

Step 4: Pour the wet ingredients into the dry ingredients and stir gently until just combined – do not overmix.

Step 5: Pour the batter into the prepared tin and smooth the surface. Bake for 40–45 minutes, or until a skewer inserted into the centre comes out clean. Allow to cool in the tin for 10 minutes before turning out onto a wire rack.

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