



Ready To Eat Prunes Tea Bread



Serves
8



Prep
20 minutes



Cooking
35-40



Ingredients

1 x 210g can Princes Ready to Eat Pitted Prunes
130g plain wholemeal flour
1tsp bicarbonate of soda
Pinch of salt
40g light soft brown sugar
1 large egg
Finely grated zest and juice of 1 small orange
4tbsp vegetable oil
80g Greek-style natural yogurt
50g clear honey
15g demerara sugar
Butter, for spreading

It's great to have a cake in the cupboard, so you can enjoy a slice with a cup of tea. This one is perfect!

Cook tips:

Keep the cooled cake in an airtight tin and use within a week. Why not double the quantity and make two? Then you can freeze one of them.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 87g	205	19g	7.1g	0.6g	0.46g
RI%	10%	21%	10%	3%	8%

Method

1. Preheat the oven to 180°C, fan oven 160°C, Gas Mark 4. Grease and line a 500g loaf tin.
2. Put the prunes into a sieve placed over a bowl, to capture 2tbsp of the juice. Chop the prunes roughly.
3. Mix together the flour, bicarbonate of soda, salt and sugar in a mixing bowl.
4. In a jug, beat the egg, then add the orange zest and juice, reserved prune juice, vegetable oil, yogurt and honey. Beat together.
5. Tip the egg mixture into the flour mixture and stir together, but do not beat. Add the prunes and stir them through. Transfer to the prepared tin and sprinkle the demerara sugar over the surface.
6. Bake for 35-40 minutes until firm. To check that the cake is cooked, insert a fine skewer – it should come out clean. If not, cook for a few more minutes. Cool in the tin for 15 minutes, then turn out and cool completely on a wire rack. Serve sliced and spread with butter.

