

# Apple cake

Serves 9



## Ingredients

225g/8oz self raising flour

75g/3oz castor sugar

50g/2oz polyunsaturated/monounsaturated margarine

4 medium cooking/eating apples, peeled, cored and cut into medium sized chunks

120ml/4floz milk (add more/less if needed)

1 teaspoon cinnamon

1 egg, beaten

## Method

1. Preheat the oven to gas mark 4/350°F/180°C.
2. Cream the margarine and sugar together, until pale and fluffy.
3. Gradually add the beaten egg until well combined.
4. Fold in the flour and cinnamon, add the milk until you have a smooth dropping consistency.
5. Stir in the apple chunks.
6. Line a 9x9 inch/23x23 cm square cake tin or a 9 inch/23 cm round baking tin with greaseproof paper.
7. Pour the mixture into the tin and cook for 50 minutes until golden brown. To check if it is cooked push a knife or metal skewer into the centre of the cake and if it comes out clean this means the cake is done.