

Bran cake

Serves 12



Ingredients

You will need 1 average sized coffee mug

1 mug of all bran (80g)

2 mugs of skimmed milk (550ml)

1 mug of self raising flour (170g)

1 ½ mug dried fruit (260g) this can be a mixture of dates, prunes and raisins or luxury fruit mixed

Method

1. Preheat the oven to gas mark 4/180°C/350°F .
2. Soak the bran, fruit and milk in a bowl for at least ½ an hour.
3. Add the flour and mix thoroughly.
4. Line a 9x9 inch/ 23 cm x 23 cm square tin or 9 inch/23 cm cake tin with grease proof paper.
5. Transfer mixture into the tin and place in oven for approximately 1 hour. Check if it is cooked by pushing a knife into the centre of the cake and if it comes out clean this means the cake is done.

Can be served warm or cold