

FRUITY HONEY LOAF

Ingredients

10oz / 300g Plain Flour
1 ½ teaspoons Baking Powder
½ teaspoon Bicarbonate of Soda
300ml / 10 Fl oz Low Fat or fat free Natural yoghurt
2 Egg whites
2 oz / 60g Raisins
2 tablespoons honey
1 teaspoons cinnamon
Honey to drizzle (*optional*)

Method

Mix flour, baking powder, bicarb of soda and cinnamon in a large bowl.

Whisk together yoghurt and egg whites and FOLD in to the flour mixture with raisins and honey.

Grease a loaf tin, then line with greaseproof paper so as not to get any oil in cake mixture. Leave enough paper around the edges to be able to cover top of cake also.

Spoon mixture into the tin, and bake for 20 minutes until golden brown.

Optional - Drizzle top with honey.

Bake 200C/ 400F for 20 - 30 minutes until golden brown.

Allow to cool for 20-30 minutes then turn out of loaf tin.