



Sue's Cake for Slimmers

Ingredients: -

450g/1lb - mixed dried fruit

1 - egg

175g/6oz - demerara sugar

225g/8oz - self raising flour

1 - cup of cold tea

Method: -

Mix sugar and fruit with tea and stir in beaten egg, add flour, sifted and stir well to mix.

Put in 18cm/7" cake tin and bake for 1-1½ hours at 160°C/325°F/gas mk 3.