

# Apple Cake

Allergens – **Gluten**, **Milk**

## Ingredients

---

Quantity	Ingredient
850 g	Cooked Apples (chopped)
300 g	<b>Self raising flour</b> (contains <b>Wheat</b> )
150 g	<b>Wholemeal flour</b> (contains <b>Wheat</b> )
300 g	Semolina
300 g	<b>Margarine</b> (Stork)
200 g	Sugar Caster
10 g	<b>Baking Powder</b> (contains <b>Wheat</b> )
20 g	Ground Cinnamon



## Method

---

1. Grease and line the base of a baking tin.
2. Melt the margarine, add in the dry ingredients and mix.
3. Spread half the mixture into the baking tin.
4. Spread the apples over the top and cover with the remaining half of the cake mixture.
5. Place into oven bake at 180°C, 350°F, Gas Mark 4 for approximately 30 minutes.

## Nutritional Content per 45g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 176.7	= 6.6	= 1.5	= 7.2	= 0.3	= 21.

**Portion size** - Primary – 45g