



Fresh Ideas Feeding Minds

Autumn Feast Sponge

This delicious recipe uses the seasons apples and the warming flavours of cinnamon for a real autumnal treat!

Makes 9 portions

Ingredients

- ½ x Orange – zest
- ¼ x Orange – juice
- 100g Fresh Carrots – peeled and grated
- 100g Fresh Apples – grated
- 200g Self-Raising Flour – sifted
- 110g Brown Sugar
- 125g Margarine
- 2 x Eggs – beaten
- 50mls Milk
- ½ Tsp. Cinnamon

Method

1. Cream the margarine and sugar together thoroughly and add the zest and juice of the orange.
2. Gradually beat in the eggs and add the grated carrot and apple, followed by the dry ingredients and milk until the ingredients are all mixed together.
3. Spoon the mixture in to a 20cm x 20cm baking tin lined with greaseproof paper.
4. Bake at gas mark 4 or 180°C for 25 minutes or golden brown and springy to touch.
5. Remove the cake from the tin and allow to cool.
6. Slice in to portions and finish with a dusting of icing sugar.

