



Hayling Island Horticultural Society

Summer Show 2023

Fat free Apple Tray Bake

Ingredients

100g brown sugar
100g plain yoghurt (fat free)
3 eggs beaten
250g grated or finely chopped apple
100g dried fruit e.g. sultanas and raisins
175g self-raising flour
1 tsp bicarbonate of soda
2 tsp spices e.g. cinnamon, nutmeg, mixed spice

Icing

100g icing sugar
juice from half a small orange

Method

Preheat the oven to 180c/350f/160c fan/Gas 4. Grease a deep baking tray.

Mix sugar, yoghurt and eggs in a large bowl.

Stir in apple and dried fruit.

Combine flour, bicarb and spice by sifting together into the mixing bowl.

Gently mix everything together, and then pour into the tin.

Bake for 25-30 minutes until springy and easing away from the edges of the tin.

Combine icing sugar and juice with a fork and then drizzle runny icing over warm cake.

Cut into portions as soon as the icing is set.

