



Honey & Apricot Oat Cake



Ingredients (serves 6)

- 150g butter
- 50g honey
- 75g rolled porridge oats
- 75g self raising flour
- 25g linseed meal
- 50g light brown sugar
- pinch salt
- 1 tsp baking powder
- 85g dried apricots, coarsely chopped
- 2 medium eggs, beaten until frothy
- 2 tbsp seed sprinkle mix (containing pumpkin, sunflower, sesame and linseed)
- 2 tsp demerara sugar

Method

Preheat the oven to 180C / Gas 4.

Grease a small loaf tin (measuring approximately 20cm long x 10cm wide x 5cm deep) with butter and line with non-stick parchment paper.

Melt together the honey and butter then stir in the oats, set aside.

In a large bowl combine the self raising flour, linseed meal, brown sugar, salt and baking powder.

Tip in the oat, butter and honey mixture along with the beaten eggs and stir gently until no dry ingredients remain.

Spoon into the loaf tin and smooth over the cake batter to level.

Evenly sprinkle with the seeds and Demerara sugar and bake in the centre of the oven for 40-45 minutes or until a cocktail stick inserted into the centre of the cake comes out clean.

Leave to cool in the tin for 5 minutes before turning out on to a wire rack to cool further.