



# Muesli Cake



Muesli doesn't just have to be breakfast, it also works well as an ingredient in baking too.

This muesli cake is sticky, moist, fruity and wonderfully malty. It could be best described as being something like bread pudding and malt loaf.

Could it be considered healthy?

Well there's lots of fibre and a generous amount of linseed meal added for omega 3 oomph.

The cake does not contain any dairy products, so no eggs or butter, in fact no fat at all, just the oil used to grease the tin, so it would be suitable for vegans.

## Ingredients

- 170g muesli
- 40g linseed meal
- 170g sultanas
- 237ml apple juice
- 170g wholemeal flour
- 3 tsp baking powder
- 113g molasses sugar
- 2 tbs malt extract
- 2 cooking apples, peeled and cored

## Method

Preheat the oven to 180C / 350F / Gas 4.  
Grease and line an 18cm / 7 inch cake tin.

In a large bowl, tip in the sugar, muesli, linseed meal, sultanas, malt extract and apple juice and mix well to combine and leave to soak for 30 minutes.

Then grate the apple into the bowl and mix well.  
Sift in the flour and baking powder and stir thoroughly until well mixed together.

Put the cake mixture into the cake tin, smooth over the surface.

Bake in the centre of the oven for 1½ to 2 hours.  
A skewer inserted into the centre should come out clean when the cake is cooked.

Let the cake cool slightly before removing from the tin and placing on a wire rack to cool completely.