

## Gluten Free Apple and Raisin Tray Bake



### Preparation time

20 minutes



### Cooking time

30 minutes



### Makes

10-12

### Recipe Description

Deliciously moist and versatile, perfect for lunch boxes or parties alike!

### Ingredients

Glutafin Gluten Free Fibre Flakes | Glutafin  
 Glutafin Gluten Free Select Fresh White Loaf | Glutafin  
 Glutafin Gluten Free Select Fibre Loaf | Glutafin  
 Glutafin Gluten Free High Fibre Loaf | Glutafin  
 225g Glutafin Gluten Free Multipurpose Fibre Mix | Glutafin  
 2 tsp. gluten free baking powder\*  
 1 tsp. ground mixed spice  
 1 tbsp milk  
 2 medium eggs (lightly whisked)

\*Refer to Coeliac UK directory

#### Filling

2 medium size cooking apples (peeled, cored and  
 diced) to give 275g prepared fruit  
 110g butter  
 5 tbsp water  
 110g soft dark brown sugar  
 125g raisins

#### Finishing

25g demerara sugar

### Method

1. Place diced apple, butter and water in a large mixing bowl. Cover and microwave for 5 minutes to soften the apple. Mash lightly with a fork. Add the sugar and raisins and microwave for a further 5 – 8 minutes. Stir and set aside for 1 hour. Mash any remaining apple pieces to a puree.
2. Stir in the remaining cake ingredients and beat together with a wooden spoon.
3. Pour into a 23cm greased and lined square baking tin. Sprinkle with the Demerara sugar and bake until golden and just firm to the touch. (Preheat the oven 180 C/160 C Fan/Gas mark 4)
4. Cut into squares once cold.