



LADY GREY FRUIT SLICE

A delicious, fruity tea loaf perfect for
a mid-morning or afternoon snack

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LADY GREY FRUIT SLICE

Servings: 10

INGREDIENTS:

- 100 G LIGHT SOFT BROWN SUGAR
- 570 G SELF RAISING FLOUR
- 240 G DRIED APRICOTS, CHOPPED
- 210 G SULTANAS
- 400 G PEAR, GRATED
- ZEST OF 1 ORANGE
- 1 TSP GROUND MIXED SPICE
- 1 TSP CINNAMON
- 2 EARL GREY TEA BAGS
- 200 ML WATER, COLD
- 120ML OGGS AQUAFABA

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METHOD:

1. Pre-heat the oven to 175 degrees/ gas mark 3 and line a loaf tin with baking parchment.
2. Place the water in a saucepan and bring to the boil. Add the teabags and boil for a few minutes until well infused.
3. Remove the teabags from the saucepan, then remove from the heat and add the sultanas and apricots.
4. Zest the orange then add to the tea and fruit mix.
5. In a large bowl, sift the flour, then add the cinnamon, mixed spice and sugar and mix to well combine.
6. Make a well in the flour mix and stir in the aquafaba.
7. Add the tea mix and grated pear and combine well until everything is incorporated.
8. Add the mixture to the lined loaf tine, then bake in the oven for 50 minutes or until golden and cooked through.
9. Allow to cool completely before turning out the loaf cake from the tin and slicing. Enjoy!

Per Serving:

ENERGY

1626kJ/
384kcal
19%

FAT

1.2g
2%

SATURATES

0.2g
1%

SUGARS

39g
43%

SALT

0.55g
9%

IMPORTANT INFORMATION

*Allergen information is compiled using data obtained from the manufacturer of products we have used. If you decide to use a different product there may be a different allergen declaration, so please check the labels of all the ingredients you purchase to make this recipe. This information is for guidance only.

Nutrition information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron).

Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.

Contains: **Gluten, Sulphites**