



FRUIT LOAF

1 cup mixed dried fruit
1 cup water
1/2 cup brown sugar
30g butter
1 tblspn Golden Syrup
3/4 tspn bicarb of soda
1 egg lightly beaten
2 cups SR flour
1 tspn ground nutmeg
1 tspn mixed spice
extra butter for spreading

Combine fruit, water, sugar, butter and Golden Syrup in saucepan, stir over heat until butter is melted.

Bring to the boil, boil for 1 minute.

Remove from heat, stir in soda.

Cool slightly.

Stir in egg, sifted flour and spices.

Pour mixture into greased and base-lined 14cm x 21cm loaf pan.

Bake at 180°C for about 45 minutes or until cooked, testing with a skewer.

Stand in pan for 5 minutes before turning onto a wire rack to cool.

Serve sliced with butter, if desired.