

Apricot and Carrot Lunch box Cake

This recipe works well as a loaf cake, slice tray squares or muffins.

Ingredients:

- 1 ¼ cup all bran
- 1 ¼ cup brown sugar
- 1 ¼ cup milk
- 1 cup chopped dried apricots
- 2 carrots, peeled and grated
- 2 tablespoons honey
- 1 ¼ cup self raising flour

What to do:

- 1) In a large bowl, combine all bran and milk. Stand overnight in the fridge.
- 2) Pre heat oven to 180c.
- 3) Prepare your chosen baking ware (line muffin trays with cases, grease 2 small loaf pans or slice trays.
- 4) Stir in sugar, apricots, grated carrots and honey.
- 5) Sift flour into mixture, stir to combine.
- 6) Spoon mixture into prepared tins.
- 7) Bake for 30mins for slice tin, 45mins for loaves or muffins... test with a skewer.
- 8) Cool on wire rack.