

## Virtually Fat Free Fruit Tea Loaf.

### Ingredients.

1 Darjeeling tea bag  
300g Dried fruit (apricots, prunes, cranberries, sultanas, raisins anything basically!)  
175g Soft brown sugar  
2 Medium eggs  
225g Wholemeal Flour  
1 tspn Baking powder  
1 tsp Mixed Spice

### Method.

Line & Grease 1kg loaf tin  
Soak tea bag in 300ml boiling water for 5 minutes  
Roughly chop fruit and add to tea (discarding tea bag first) for 2-3 hours  
Preheat oven to 180 degrees  
Mix sugar and eggs then add to the fruit  
Mix flour, baking powder and spice together, fold into fruit mixture  
Pour into loaf tin and bake for 45 minutes or until cake skewer comes out clean.