**Malt Loaf Recipe**

This is a family favourite, passed down to me from my mother. I don’t know where she got it from, it definitely wasn’t her mother who was a lovely lady but a terrible cook…..her rock cakes were made with real rocks!

Mum used to make it when we went on picnics, and would always take a loaf when we went away in our caravan as kids. I hated the caravan, but loved the cake!

It’s a lovely moist fruit loaf, just the ticket with a nice cup of tea.

If you don’t like sultanas you can substitute your favourite dried fruit. I’ve made it with mixed dried fruit including some dried peel, used half sultanas with half dried cranberries and all worked really well.

You can use any type of sugar. I usually use caster, but granulated or even brown sugar work fine too.

You can also pep it up with a teaspoon of mixed spice, nutmeg or cinnamon if you like.

1 mug Of All Bran

½ mug of sugar

1 mug of sultanas

1 mug of milk

1 mug of self raising flour

1. Combine the All Bran, sugar and sultanas in a large bowl and stir in the milk.
2. Cover the bowl with a clean tea towel or cling film and leave to soak for at least 3 hours or ideally overnight.
3. Add the flour and mix together to form a stiff batter.
4. Pour into a greased loaf tin – or use a grease proof paper tin liner.
5. Bake at 160 C/ Gas Mark 3 for 35-40 minutes, until a skewer comes out clean.
6. Allow to cool on a wire rack.
7. Serve lightly buttered slices with a cuppa for a lovely tea time treat.
8. Keeps for up to a week in an airtight tin or freezes really well.