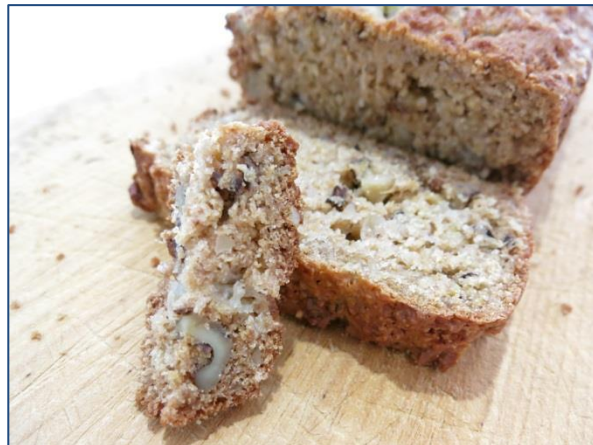


Serves 10, 20 and 50

Ingredients

	10 SERVES (1 loaf)	20 SERVES (2 loaves)	50 SERVES (5 loaves)
Wholemeal plain flour	250g	500g	1.25kg
Baking powder	1 tsp	2 tsp	5 tsp
Bicarbonate of soda	1 tsp	2 tsp	5 tsp
Sugar	125g	250g	625g
Walnuts	125g	250g	625g
Egg, lightly beaten	1	2	5
Pie apples	250g	500g	1.25kg
Lemon juice	20mL	40mL	100mL
Lemon rind	1 tsp	2 tsp	5 tsp
Canola oil	80mL	160mL	400mL



A perfect finger food snack when sliced into smaller pieces as pictured.

Method

1. Preheat oven to 190°C. Line standard loaf tins (23 x 13 x 7 cm) with baking paper.
2. Mix flour, baking powder and bicarbonate of soda together in a large mixing bowl. Add sugar and walnuts and mix until combined. Make a well in the centre and add egg, pie apples, lemon juice, lemon rind and canola oil. Mix until just combined.
3. Spoon mixture into the prepared loaf tins and bake in the oven for 45 minutes or until cooked through and golden brown.
4. Stand loaf in the tin for 10 minutes before turning onto a rack to cool. Slice once cool.

Nutrition, hints and tips

- Suitable for normal and soft diets.
- This loaf can be served as a nourishing mid-meal snack with the added fruit, nuts and wholemeal flour adding dietary fibre.
- Fibre is essential for bowel regularity and makes this recipe low GI for sustained energy.

- To increase the nutrient value of the loaf, high energy/high protein nutritional supplement powder can be added with the dry ingredients. Try neutral or vanilla flavours.
- Spread butter or margarine over toasted slices for additional energy, or for a more filling snack try ricotta cheese and berries.