

## **APPLE, CINNAMON & OATMEAL ROCK CAKES**

Makes approximately 12 – 14 Rock Cakes

These are delicious served warm with a cup of coffee in the morning

1 large cooking apple  
300g self-raising flour  
75g oatmeal  
1 teaspoon cinnamon  
150g butter  
75g caster sugar  
100g raisins  
2 tablespoons of honey  
2 eggs  
1 tablespoon of milk  
Extra caster sugar & cinnamon to finish

You will need 1 baking tray

To get started – pre-heat the oven to 200 oC & line the baking tray with baking parchment.

Peel & chop the apple into small cubes, about ½ cm in size & place to one side.

Place the flour, oatmeal & cinnamon together in a bowl & mix. Cut the butter into small cubes & then add the butter to the flour mixture. Rub together as you would for pastry.

Add the caster sugar, apple, honey, raisins, eggs & milk to the bowl. Mix thoroughly with a spoon.

The mixture should be firm enough to spoon onto the baking tray.

Spoon the mixture onto the baking tray & sprinkle the tops of the Rock Cakes with a little caster sugar and a light dusting of cinnamon.

Bake for 20 minutes

Recipe developed by Sweetpea Catering

CJ & HL Jackson-Wilding  
40 Belvedere Road, Melksham, Wiltshire, SN12 6AJ  
Tel: 01225 708595