



## Raisin Loaf



Thanks to Di who contributed this recipe. She says that its simplicity means you can whip it up at a moments notice. Slice and spread the loaf with NUTTELEX of course.

### Ingredients:

- 1 cup water**
- 1 cup sugar**
- 1 cup seeded raisins**
- 1 tablespoon NUTTELEX**
- 1 teaspoon bicarbonate of soda**
- 1 teaspoon of mixed spice (optional)**
- 2 cups self-raising flour**
- 1 egg, beaten**

### Method:

1. Place first 6 ingredients in saucepan (or in bowl in microwave oven) and heat until NUTTELEX is melted.
2. Sift in self-raising flour, then beat in egg. Mix with a wooden spoon until combined.
3. Grease and line a 22cm x 14cm loaf tin and bake for 40-45 minutes at 160°C. The loaf is cooked when an inserted knife or skewer comes out clean.

**Variations:** Try using wholemeal self-raising flour for a nutty flavour and add grated rind of 1 lemon.

Exercise can increase your basal metabolic rate (BMR) for approximately 24 hours after exercise is completed – a real help in weight reduction.