

# Dorset Apple Cake

## Ingredients

200g self raising wholemeal flour  
100g butter  
¼ pint of milk  
200g apples  
Pinch of salt  
8 teaspoons of Spenda  
1 egg

## Method

1. Sieve flour and salt, any remains just throw in.
2. Cut butter into chunks and then rub in with flour.
3. Mix in egg and then milk until the mixture is the consistency of a stiff cake mixture.
4. Wash and core apples, leave the skins on, and cut them in small cubes. Mix apples with other mixture.
5. Put mixture into a greased baking tray or an oven proof dish about 11" X 7".
6. Cook for about 45 minutes at 180 - Depending on the oven.