

## Ginger loaf with Ice Cream

Serves 10

Ingredients	
100g golden syrup	1 egg, lightly beaten
100g black treacle	75 ml milk
150g plain flour	1 tsp (5g) ground ginger
75g dark muscovado sugar	½ tsp (3g) ground mixed spice
75g unsaturated cooking spread / margarine	½ tsp (3g) ground cinnamon
½ tsp (3g) bicarbonate of soda	70g sultanas
Finely grated zest of 1 unwaxed lemon	600 g Swedish Glaze ice cream (1 scoop = 60 g) Swedish Glaze is produced by Foundation Foods

### METHOD:

- Pre heat oven to 160C, 325 F, Gas 3
- Grease a medium sized loaf tin.
- Put the golden syrup, treacle, margarine and sugar into a small pan, place over a gentle heat and stir until the margarine has melted and all the ingredients are evenly blended. Set aside to cool
- Sift the flour, ground ginger, mixed spice and cinnamon into a medium mixing bowl. Make a well in the centre, add the cooled treacle mixture, egg, milk, and lemon zest. Using a wooden spoon, beat well until the mixture is smooth and glossy.
- Dissolve the bicarbonate of soda in 1tbsp hot water. Add this to the loaf mixture with the sultanas. Mix thoroughly until the batter is pourable.
- Bake in the oven for 50-60 minutes or until the cake is firm to touch and a skewer inserted into the centre comes out clean, leave to cool in the tin for 10 minutes, then turn out onto a wire rack to cool.
- Serve with a scoop of ice cream.



- ✓ **COOKS TIP** – FOR PUREE DIETS, USE A PREVIOUSLY PREPARED FROZEN FRUIT PUREE
- ✓ FOR WHEAT FREE DIETS USE WHEAT FREE FLOUR
- ✓ FOR EGG FREE DIETS, USE APPROPRIATE EGG FREE REPLACEMENT PRODUCT
- ✓ FOR DAIRY FREE DIETS, ENSURE COOKING SPREAD IS DAIRY FREE AND USE SOYA MILK

### Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
228	2.8	7.3	40.8	29.1	0.3	3.1	107