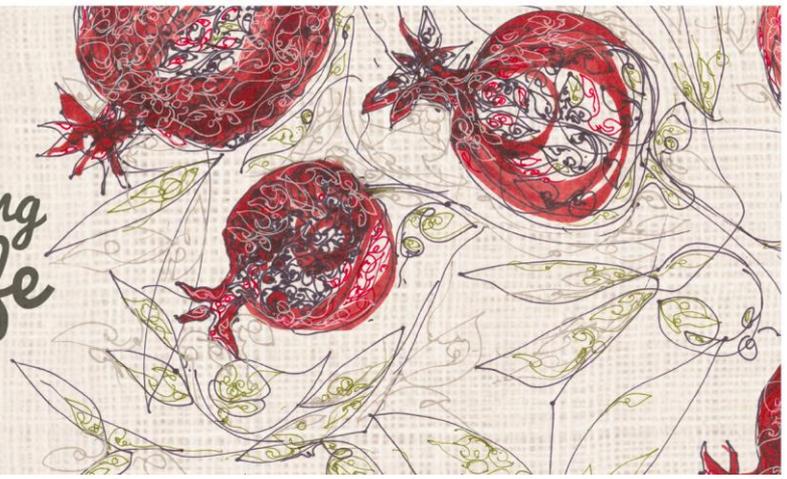




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# Apple & Oatmeal Cake

**Preparation** 20 minutes **Cooking** 35 minutes **Makes** 1 gastro tray (80 portions at 43g)  
**Cost** \$0.26 each (based on supermarket prices) **Season** Any **Ability** Medium **Best** Fresh **Equipment** Oven

**Did you know?** This cake makes a lovely dessert served warm and topped with custard. Alternatively it is a perfect addition to a cup of tea!

## Ingredients

200g oats  
625ml boiling water  
230g butter  
100g brown sugar  
120g castor sugar  
4 eggs  
2 teaspoons vanilla bean paste (optional)  
300g wholemeal self raising flour  
160g self raising flour  
4g ground cinnamon  
4g ground nutmeg  
4 Granny Smith apples (460g flesh grated)  
200g sultanas  
60ml extra virgin olive oil  
200g toasted almonds, finely chopped

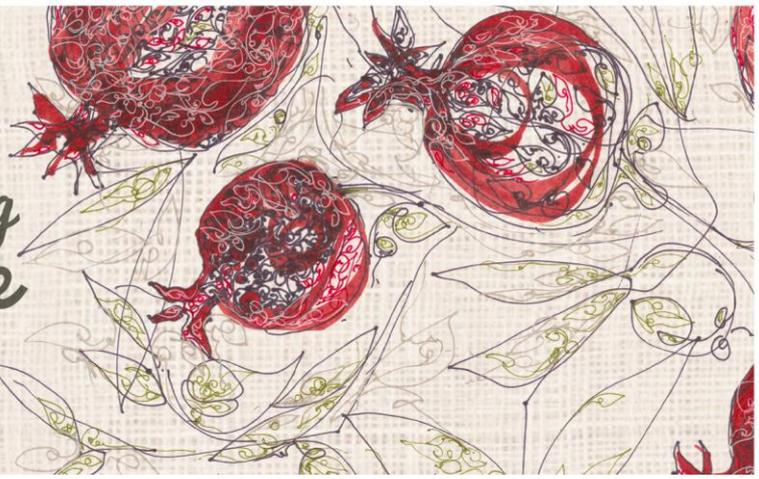
## Topping

100g butter  
250ml milk  
55g skim milk powder  
135g brown sugar  
75g oats  
150g ground almonds  
120g desiccated coconut





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## Method

1. Preheat the oven to 180C, grease and line a gastro tray with parchment (530mm length x325mm width x 100m depth).
2. Place your oats in a bowl and cover with boiling water, then set aside.
3. Cream your butter and sugar in the Kitchenaid or mixer, until light and pale. Beat in your eggs and vanilla, adding one egg at a time.
4. In a separate bowl combine the flour, cinnamon and nutmeg. In another bowl mix the sultanas, olive oil and chopped nuts.
5. Add the oats to the egg & butter mix. Fold in the flour, sultanas, olive oil and nuts and stir to combine. Pour into the prepared tin.
6. Now for the topping. Place the butter in a medium sized pan to melt. Add the milk and brown sugar, dissolve and bring to the boil.
7. Remove from the heat and mix in the oats, nuts and coconut. Crumble over the top of the raw cake and press in slightly.
8. Place the cake into the preheated oven and bake for 35-45 minutes or until golden and cooked through. Remove from the oven and set aside to cool.

## Nutritional Information

| Serving Size: ~ 40g (incl icing)<br>Yield – 80 serves |             |          |
|---|-------------|----------|
|   | Per Serving | Per 100g |
| Energy (kJ)   | 597         | 1387     |
| Protein (g)   | 2.7         | 6.2      |
| Fat (g)   | 8.4         | 19.8     |
| - Saturated (g)                                       | 3.7         | 8.7      |
| Carbohydrate (g)                                      | 13.6        | 31.5     |
| - Sugar (g)   | 7.6         | 17.8     |
| Fibre (g)   | 1.7         | 4        |
| Sodium (mg)   | 81          | 185      |

