

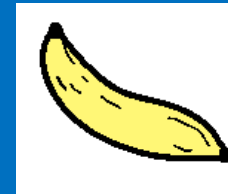
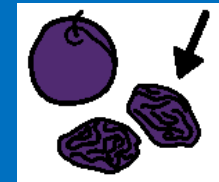
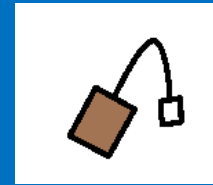
Hairy Bikers Low Fat Fruit Tea loaf



Hairy Bikers Low Fat Fruit Tea Loaf

Ingredients:

- 1 tea bag
- 400ml just boiled water
- 1 lemon
- 500g dried fruit
- 250g prunes chopped
- 3 tsp mixed spice
- 1 ripe banana
- 4 eggs
- 4 tbs milk
- 300g self raising flour
- $\frac{1}{2}$ tsp baking powder



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1. Preheat oven 170 oC

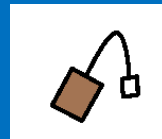


2. Put the tea bag in with 400ml boiled water

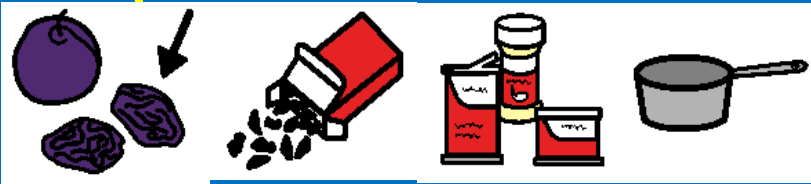
3. Grate lemon and squeeze juice into a saucepan.



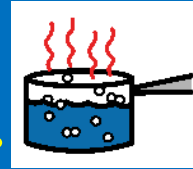
4. Add the tea (put tea bag in bin).



5. Add the prunes, dried fruit and spice to the saucepan.



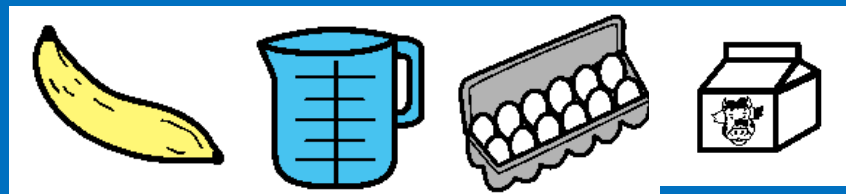
6. Simmer for 5-10 mins.



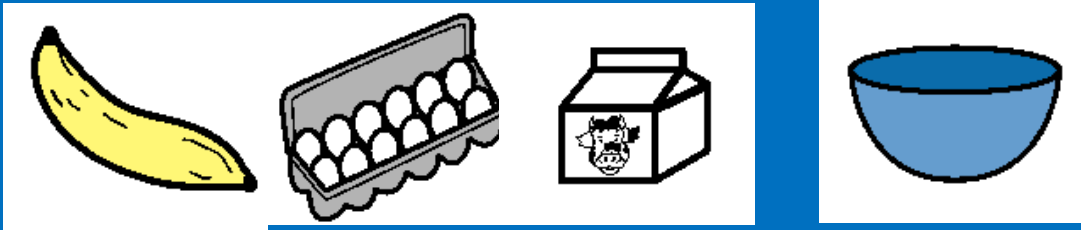
7. Then leave to cool in a large mixing bowl.



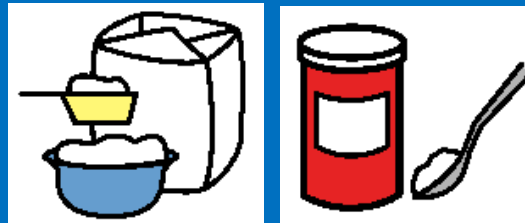
8. Mash banana in a jug with milk and eggs.



9. Pour the banana, egg and milk mixture over the fruit in the bowl.



10. Mix in the flour and baking powder.



11. Spoon into a greased square cake tin/glass casserole dish