

HRT CAKE (in 2013 Newsletter)



Ingredients

4 oz/100 gms	soya flour
"	rice flour
"	porridge oats
8 oz/200 gms	raisins
"	golden linseed
2 oz/50 gms	sunflower seeds
"	pumpkin seeds
"	sesame seeds
"	flaked almonds

½ teaspoon ginger, cinnamon, nutmeg
1 level teaspoon salt
2 pieces of chopped ginger
2 tablespoons of molasses
approx. ¾ litre soy milk
hemp seeds for topping

What to do

Put dry ingredients into large bowl, mix thoroughly then add milk and molasses.

Mix well and leave to soak for ½ hour add more milk if too stiff.

Put into a loaf tin (we use two) and sprinkle generously with hemp seed.

Bake in gas mark 5/190C for ¾ hour to 1 hour.

Keep in the fridge and ideally eat one slice a day.