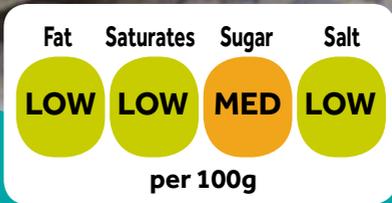




COME ON

LET'S  
DO  
THIS



Portions  
fruit & veg  
per serving  
**1**

# Apricot and apple bread

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Recipe includes a  
healthy boost

Serves 4 | prep 15 mins | cook 25 mins

# Apricot and apple bread

Soda bread gets a **healthy boost** by adding dried apricots, banana and apple. Each serving is a quarter of the loaf, and contains one portion of fruit. It's made with grated apple, wholemeal flour and dried apricots and is a great breakfast on the go.

## Ingredients

- A spray of pure vegetable oil
- 4 tbsp low fat yoghurt
- 175g wholemeal flour
- 1 tsp baking powder
- 100 ml water.

## Healthy boost ingredients

- 1 banana, mashed
- 2 grated apples (unpeeled)
- 60g dried apricots, chopped.

## Top tips

- If you haven't got a loaf tin, just shape the mixture into a loaf shape and bake on an oven tray or baking sheet
- You could use raisins or sultanas rather than dried apricot.

## Method

1. Preheat the oven to 180°C/gas 4
2. Lightly spray a 2lb loaf tin
3. In a bowl, mix the banana, apples and apricots with the yogurt
4. In another bowl, mix the flour and baking powder together
5. Add the fruit/yoghurt to the flour and stir in the water, mixing thoroughly
6. Place the mixture into the loaf tin and bake for 25 minutes until firm and golden. The bread is cooked when a knife inserted into the centre comes out clean.



## Nutritional information

Each slice contains:

Calories	Fat	Saturates	Sugars	Salt
<b>99</b>	<b>0.7g</b>	<b>0.1g</b>	<b>7.1g</b>	<b>0.1g</b>
<b>5%</b>	<b>1%</b>	<b>1%</b>	<b>8%</b>	<b>2%</b>

%= an adult's reference intake

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