



# Earl Grey Tea Bread

A light breakfast loaf, best served with low fat spread for an alternative start to the day.

## INGREDIENTS

261g mixed dried fruits  
152g currants  
187g Loose leaf Earl Grey or Lady Grey tea  
1 tsp treacle  
1 egg, lightly beaten  
19g Canderel granules  
280g self-raising flour  
1 tsp mixed spice

## BEFORE YOU BEGIN

Serves  
2

Time  
preparation: 10 minutes + soaking time  
cooking: 75 minutes

Per serving  
84kcal

Difficulty level



## STEP BY STEP

- 1 Place dried fruit in a large bowl, pour over tea and stir in treacle.
- 2 Cover and allow to soak overnight.
- 3 Stir beaten egg into fruit mixture followed by the Canderel, then the sifted flour and spice.
- 4 Spoon into lined 13x22cm loaf tin and bake at 160°C for 1 ¼ hours or until a skewer inserted in the centre comes out clean.