

Variations - you can use any fresh fruit or tinned pie apple or apricot.

Traffic light category: Amber Serves: 12 (80g)

Ingredients

- ³/₄ cup plain wholemeal flour
- ³/₄ cup self-raising flour
- •³/₄ cup caster sugar
- •1 egg, lightly beaten
- 125g polyunsaturated margarine, melted
- 1 teaspoon vanilla essence
- 2 teaspoons ground cinnamon
- 400g (2-3) pears or apples, unpeeled, diced

Method

- 1. Preheat oven to 180°C
- 2. Line a 20cm round cake tin or 20cm square slice tin with greaseproof paper
- 3. Place flours, sugar, egg, margarine, vanilla and 1 teaspoon of cinnamon in a bowl, mix until combined
- 4. Press three quarters of mix into base of prepared tin
- 5. Scatter diced pears/apples on top of cake mix, sprinkle with remaining cinnamon
- 6. Drop small pieces of remaining dough on top of fruit so that the fruit is not entirely covered
- 7. Bake for 40 50 minutes
- 8. Allow to cool before slicing as it is very delicate when warm.



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