

Dumpling Loaf

1 cup of water

4oz plain flour

4oz self-raising flour

4oz granulated sugar

8oz sultanas

4oz raisins

4oz margarine

1tsp mixed spice

1tsp cinnamon

1tsp bicarbonate of soda

1 egg



Place the water, sugar, sultanas, raisins, margarine, bicarbonate of soda, cinnamon and mixed spice in a pan and bring to the boil. Take off the heat and allow to cool slightly. Add the plain flour, self-raising flour and egg to the mixture and mix together. Place the mixture in a lined 2lb loaf tin and bake in the oven at 180C for one hour.

Used with kind permission from the Braeport Memory Café at Dunblane Meeting Centre, taken from their recipe book 'Dementia Friendly Dunblane – Our favourite recipes'.

www.dementiafriendlydunblane.org

