

## MALTED LOAF

200 g self-raising flour  
pinch of salt  
50 g soft brown sugar  
50 g chopped , stoned dates  
50 g mixed dried fruit  
50 g malted milk powder  
2 tbs golden syrup, warmed gently till runny  
125ml liquid, half milk and half water

1. Preheat oven to 180°C
2. Grease a 450g (1lb) loaf tin and line with grease-proof paper or baking parchment.
3. Sift dry ingredients into a large bowl, add fruit and malted milk powder
4. Stir in syrup and enough liquid to make a dropping consistency.
5. Pour into prepared tin and bake in centre of oven for about an hour, or until a clean skewer or a wooden cocktail stick, stuck into the centre, comes out clean

Keep loaf in an airtight tin for 1 day before eating.

For the Show present the whole loaf.

To eat, slice thinly and spread with butter.