

Papaw Cake



This cake has great eye and mouth appeal and is simple to make.
You will need to get Papaw spears. They are a low cost item \$2.50/500g.
I get mine from Rick's at 179-183 Parammata road Homebush NSW

Pre-heat the oven to 180°C

In a bowl place:-

- 1 Cup Wholemeal Plain flour
- 1 Cup Standard or preferably Quick cooking Rolled Oats
- ¼ Cup Sugar (can be reduced)
- ¼ Cup Flaked Almonds (crushed a little)
- 3 Teaspoons Salt Skip Baking Powder

Stir the dry ingredients around then add

- 1 Cup Sultanas
- ¾ Cup Papaw spears chopped (see size in cake)
- ¼ Cup Mixed Peel
- 1 Cup Light Soy Milk, skimmed or other milk
- ½ Teaspoon of almond essence

Stir some more. Then place in a greased loaf tin. (I cover the inside with baking paper)

Bake for 35 minutes then check the colour and if the top springs back when pressed.

Set on a rack to cool.