

## NUTRITION: Lazza's Kitchen Adventure

### Apple and Blackberry Traybake

A Brand NEW Recipe from Lazza's Kitchen.  
Lazza made his first ever Apple and Blackberry Traybake from scratch

Hailed as a "superfood," Blackberries are an excellent source of vitamin A, vitamin B1, vitamin B2, vitamin B3, vitamin B6, folate, vitamin C, vitamin E, and vitamin K. The mineral wealth of blackberries includes calcium, iron, magnesium, phosphorous, potassium, and zinc. They are also a good source of amino acids and essential dietary fibre, and they do not contain any harmful cholesterol. Plus, they are delicious.

#### Ingredients

175g Unsalted Butter - diced  
300ml Carton Extra Thick Double Cream  
225g Brown Sugar  
3 Eggs  
300g Plain Flour  
3 Bramley Cooking Apples  
300g Blackberries  
Lemon Juice  
Vanilla Essence

Heat oven to 200C/fan 180C/gas 6.

Grease a tin (30x20cm) with butter, dust with a little flour, then set aside (I actually use the Silicone ones that are non-stick, and fully recommend them).

Peel, core, and slice the apples into small pieces, then toss in a little lemon juice to stop them going brown.

Tip the cream and butter into a saucepan, stir while the butter melts, bring up close to boil, then set aside.

Whisk the sugar with the eggs until they thicken and turn pale, about 3 mins.

Whisk the buttery cream into the eggs, then fold in the flour until completely smooth.

Give another whisk adding a small amount of vanilla essence.

Add the fruit and stir (don't whisk so as not to damage the blackberries).

Pour the batter into the prepared tin. If you want you can scatter over more blackberries, then sprinkle with a little sugar.

Bake for 50 mins - 1 hr until golden and beginning to pull away from the sides of the tin.

Leave to cool in the tin and serve cut into squares.

Absolutely delicious - our HMHB walkers devoured them.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.  
Why not try out some new recipes and foods yourself?  
More on HMHB recipe pages: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)  
This was a great and very tasty bake to prepare.