

## NUTRITION: Lazza's Kitchen Adventure

### Apple & Walnut Cake

A Brand NEW Recipe from Lazza's Kitchen.  
Lazza made his first ever version of Apple and Walnut Cake from scratch

A cake can fail to bake properly, which is called "falling". In a cake that "falls", parts may sink or flatten, because it was baked at a temperature that was too low or too hot, when it has been underbaked, and when placed in an oven that was too hot at the beginning of the baking process. The use of excessive amounts of sugar, flour, fat, or leavening can also cause a cake to fall.

#### Ingredients

225g Self Raising Flour  
165g Caster Sugar  
125g Butter (softened)  
Vanilla Essence  
3 eggs  
130g Milk  
2-3 Apples, cut up into small cubes  
Walnuts - you decide how many you like  
Cinnamon / Nutmeg / Ginger to taste

Preheat your oven to 180 degrees (fan-forced) and prepare your loaf tin/tins.

Place the self raising flour, caster sugar, softened butter, vanilla extract, eggs, and milk in the bowl of an electric mixer and beat until just combined. Then add the walnut pieces making sure the whole mixture gets used.

Separately, peel an apple or two or three (you can use any variety) and roughly chop it into pieces no bigger than 1cm. Place the apple pieces into a small bowl and if you want you can add the cinnamon or nutmeg or ginger for taste before gently stirring to combine. The choice is yours.



Pour the cake mixture into your prepared cake tin, flatten out the top. Sprinkle the coated apple pieces on top.

Bake for 50 - 55 minutes or until cooked when tested with a skewer (mine took just over 45 minutes). Carefully remove your Apple Loaf from the oven and allow it to cool in the loaf tin for 10 minutes before transferring to a wire rack to cool completely.



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.