

Easy Pear Tea Cake

Traffic light category: **Amber**

Serves: 12 (80g each)

Ingredients

- $\frac{3}{4}$ cup plain wholemeal flour
- $\frac{3}{4}$ cup self-raising flour
- $\frac{3}{4}$ cup caster sugar
- 1 egg, lightly beaten
- 125g polyunsaturated margarine, melted
- 1 teaspoon vanilla essence
- 2 teaspoons ground cinnamon
- 400g (2-3) pears or apples, unpeeled, diced

Method

1. Preheat oven to 180°C
2. Line a 20cm round cake tin or 20cm square slice tin with greaseproof paper
3. Place the flours, sugar, egg, margarine, vanilla and 1 teaspoon of the cinnamon in a bowl, mix until combined
4. Press three quarters of the mix into the base of the tin
5. Scatter the diced pears/apples on top of the cake mix, sprinkle with remaining cinnamon
6. Drop small pieces of the remaining dough on top of the fruit so that the fruit is not entirely covered
7. Bake for 40 - 50 minutes
8. Allow to cool before slicing as it is very delicate when warm.

Variation - you can also use tinned pie apple or apricot

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	762kJ	974kJ
Protein	2.4g	3.1g
Total fat	5.7g	7.3g
Saturated fat	1.3g	1.7g
Carbohydrate	29.6g	37.8g
Sugars	16.5g	21g
Dietary fibre	2.73	3.4g
Sodium	105mg	135mg



Recipe adapted from notquitenigella.com



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