

# Rock Cakes

Makes 16

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## INGREDIENTS:

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| A large flat, well greased<br>baking sheet | 75gm sugar     |
| 250gm plain flour                          | 125gm raisins  |
| 1 level tsp baking powder                  | 1/4 tsp nutmeg |
| 75gm butter/margarine                      | 1 egg          |
|  | 2 tbls milk    |

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## METHOD:

Preheat the oven to 200°C, 400°F, gas mark 6.

Sieve the flour and baking powder in a bowl.

Rub butter into the flour with the finger tips until the mixture is like fine breadcrumbs.

Stir in the nutmeg, sugar and raisins.

Beat the egg with the milk and add to the flour mixture.

Mix with a fork to a stiff mixture, not too sticky.

Divide the mixture into 16 and place on the baking tray.

Spike them with a fork to look like rocks.

Bake in a preheated oven for 10-15 minutes.

Cool on a wire tray.

Eat them immediately.

## GEOFF WRITES...

A healthy, easy to make, tea-time treat. Great for picnics and the birds like the crumbs.

To be made by children for children. Granny or Granddad might need to help the little ones. If adults help they might be allowed to taste.

Yum...Yum...