



Fruit Bowl Buns

These will make use of any slightly soft fruits from the fruit bowl, experiment with fruits such as apricots, rhubarb, gooseberries, plums, nectarines, bananas or blackberries, raspberries or strawberries.

Prep time: 15 min

Cook time: 15min

Makes 12 buns

Ingredients:

175g soft butter or margarine

175g soft brown sugar

125g self-raising flour

50g coconut or ground almond

2 grated apples or other fruit (roughly chop if soft fruit)

Zest of 1 orange

2 large eggs, lightly beaten

Icing sugar to dust



1. Put the butter and sugar in a bowl and beat until smooth. Gradually add the eggs beating between each addition.
2. Sieve the flour and fold into the mixture with the coconut or ground almonds, orange zest and chopped fruit.
3. Preheat the oven to 180C (350F) gas mark 4. Put the sweetie paper cups into a 'cocktail' tin. Fill them two-thirds full with the cake mixture. Place a few chopped fruits on the top. Dust with icing sugar and cook for 10-15 minutes.
4. Put onto a wire rack to cool.

To freeze ahead: Complete this recipe up to the end of step 3. Cool, pack, label and freeze for up to 3 months.

To use: Defrost overnight and warm in low oven for a few minutes to freshen up.

Why not visit www.recycleforgreatermanchester.com to see what else you could do?