

Let's get cooking with

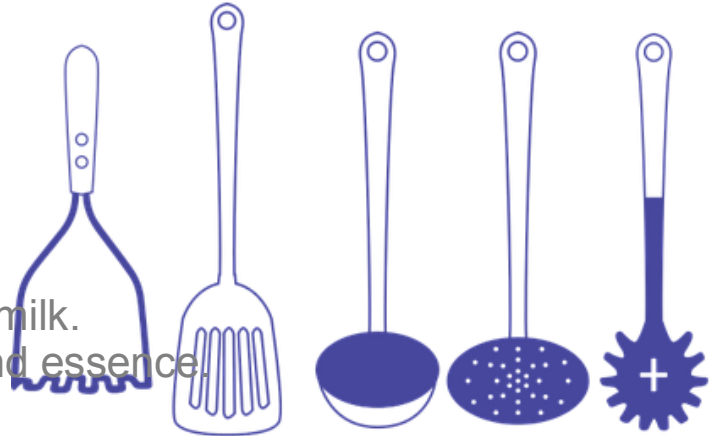


Healthworks
the community health charity

Rice cake

What you need:

- 100g margarine.
- 100g caster sugar.
- 125g self raising flour
- 75g ground rice.
- 2 eggs—beaten with 5 tbsp. milk.
- Few drops of lemon or almond essence.



How to prepare:

- Pre heat the oven to 180°C.
- Cream the margarine and sugar together until light and fluffy.
- Mix the flour and ground rice together and add to the creamed mixture alternately with the egg mixture, mix well.
- Put the mixture in a well greased or lined cake tin.
- Bake for about 1 hour 15 minutes.
- Put onto a cooling tray to cook.
- Then serve.

Top tips:

- You can use a round tin or a loaf shaped tin.

Enjoy!

From the Community Skills Team
www.healthworksnewcastle.org.uk