

Jacobean Spiced Apple Cakes

Ingredients:

1b. Wholemeal Flour
6oz. Margarine
6oz. Brown Sugar
3 tsp. Baking Powder
2 Eggs
4 tsp. Cinnamon
2 Large Cooking Apples
Milk

Method:

1. Peel, core and chop apples into very small pieces.
2. Sift Flour, Baking Powder and Cinnamon into bowl.
3. Rub Fat into mixture with finger tips.
4. Add Sugar and Apple.
5. Add Eggs and enough Milk for the mixture to be wet but the spoon to still stand up.
6. Spoon into greased tins or on to a Baking Sheet.
7. Bake at gas mark 8 for 20 minutes.
8. Remove from oven – rest – place on cooling rack.
9. Eat and think fondly of the Piper!

A note from The Piper:

Our ancestors believed that Cinnamon increased fertility in both sexes.

Health And Safety Warning

Ladies: BE VERY CAREFUL AFTER EATING CAKES MADE FROM THIS MIXTURE.

Gentlemen: SWALLOW MOUTHFULS VERY QUICKLY TO AVOID A STIFF NECK.