



Triticale Nutmeg Cake

Ingredients

2 cups triticale flour
1 teaspoon baking powder
1 teaspoon nutmeg
½ cup butter
1 cup sugar (*we used coconut sugar*)
1 egg
1 cup milk
1 teaspoon bi-carb soda
¼ cups walnuts, chopped

Method

Preheat oven to 180°C.

Sift together flour, baking powder and nutmeg into a bowl then rub in butter to form breadcrumbs. Stir in sugar. Press 1 cup of crumb mixture into the base of a greased 1 litre capacity cake tin.

In a smaller bowl, beat egg with milk and stir in bi-carb soda. Add liquid mixture to remaining dry ingredients and stir to mix.

Pour mixture onto crumb base and sprinkle with walnuts. Bake for about 45 minutes or until cooked through and leave to cool in tin.

