

More than 1 hour

Serves 6-8

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Ingredients:

- 2 cups (300g) cake flour
- 1 tsp (5ml) bicarbonate of soda
- 2 tsp (10ml) cinnamon
- Pinch salt
- 1 cup (130g) wholewheat flour
- 3 Tbsp (45ml) rooibos tea leaves
- 1½ cups (375ml) sunflower oil
- 1½ cups (300g) caramel or brown sugar
- 3 extra-large eggs
- 1 tsp (5ml) vanilla extract
- 3 apples, peeled and roughly chopped

For the icing:

- 1/3 cup (80g) butter
- 1 cup (200g) brown sugar
- ¼ cup (60ml) milk
- 2 cups (250g) icing sugar, sifted

Method:

1. Preheat oven to 170°C.
2. Grease and flour a 24cm bundt cake tin.
3. Sift cake flour, bicarb, cinnamon and salt together.
4. Add wholewheat flour and rooibos tea leaves.
5. Whisk oil and sugar together in a separate bowl.
6. Add eggs one at a time, beating after each addition until well incorporated, then add

vanilla.

7. Mix dry and wet ingredients together and fold apple through.
8. Spoon into prepared cake tin.
9. Bake for 80-90 minutes or until a toothpick inserted comes out clean.
10. Turn out onto a rack and allow to cool completely.
11. Meanwhile, melt butter in a saucepan and stir in brown sugar.
12. Heat to boiling, stirring constantly.
13. Simmer, stirring, over a low heat for 2 minutes.
14. Stir in milk and heat until it starts to boil.
15. Remove from heat and gradually stir in icing sugar.
16. Pour over cake, allow to set and serve.