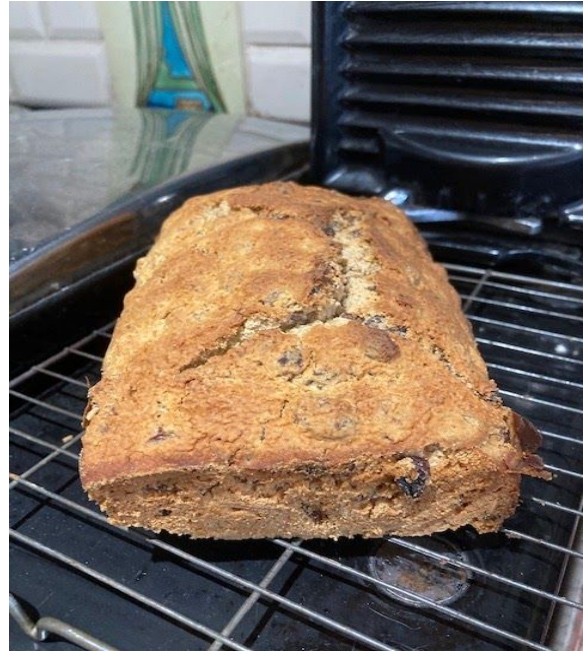


# Willows tea bread recipe

*8 ounces sultanas*  
*8 ounces self raising  
flour*  
*3 ounces xylitol*  
*170 ml cold tea*  
*1 egg*  
*Pinch of salt*



(Soak sultanas in the cold tea overnight)

Mix flour, xylitol, and salt together and add the sultana mixture.

Add the egg and mix very thoroughly.

Optional: Add some spices of your choice.

Grease or line a bread tin and cook for 40-45 minutes.