

TASTE WITHOUT WASTE

Sugar Free Fruit Cake

Makes one 20cm circular cake.

Ingredients

1 x 425g can sliced mangoes in syrup
½ cup sultanas
1 tbsp mixed peel
3 tbsp glace cherries
¼ cup dried dates, chopped
¼ cup dried figs, chopped
½ cup water
1 ½ cups wholemeal flour
1 ½ tsp baking powder
1 ½ tsp bicarbonate of soda
2 eggs, lightly beaten

Method

Preheat the oven to 160C. Grease and line a 20cm diameter spring-form cake pan.

Place the mangoes (juice and all), sultanas, mixed peel, glace cherries, dates, figs and water in a saucepan and bring to the boil. Boil for 1 minute. Transfer the mixture to a bowl and leave to cool for 20 minutes.

Meanwhile, in a separate large bowl sift together flour, baking powder and bicarbonate of soda. Fold through the fruit mixture and then stir in the beaten eggs until well combined. Bake for 50 minutes or until a skewer comes out clean. If the top appears to be browning too quickly, cover loosely with some aluminium foil.

Set the cake pan on a wire rack and leave to cool completely in the tin. Carefully remove from the pan and cut into small slices (or larger wedges if you're feeling particularly peckish).

Will keep in an airtight container for up to three days. Can also be frozen for up to two months.

Source: *A Taste Without Waste original.*
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