

EVERY DAY FAT FREE FRUIT CAKE

Ingredients

12oz Dried Fruit (raisins, cherries, figs etc)
2 cups Self Raising flour
1 cup Canderel or similar sugar replacement
1 cup of cold tea
2 Egg whites
1 teaspoon mixed spice
2 teaspoons cinnamon
grated rind of orange & lemon (*optional*)
3 tablespoons ground almonds (*optional*)
honey to drizzle (*optional*)

Method

Soak fruit in cold tea over night.

Preheat oven to 190 degrees / 350 F
Grease a loaf tin, then line with greaseproof paper so as not to get any oil in cake mixture. Leave enough paper around the edges to be able to cover top of cake also.

Blend ALL ingredients **except ground almonds & honey** with fruit & tea.

Pour mixture in to loaf tin.

[Optional - sprinkle top of cake with ground almonds & drizzle with honey.](#)

Cover top of cake with greaseproof paper & place in the oven for 90 minutes. Uncover top of cake for last 20-30 minutes.



