

Healthy Fruit Cake

Serves 15

Preparation Time: 15 minutes

Baking Time: 45 minutes (big round tin)

(30 minutes if using a smaller cake tin or loaf tin)



Ingredients:

Fruit mixture:

- 150g golden raisins, 150g cranberries, 150g sultanas
- ½ cup unsweetened applesauce
- Zest and juice of 1 medium orange or ½ cup (125ml) orange juice (no sugar added)
- 1 tablespoon lemon or lime juice (optional)
- 1 teaspoon vanilla bean extract

Dry ingredients:

- 1 cup almond meal (ground almonds) or almond flour
- 1 cup whole-wheat pastry flour or fine whole meal flour
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon baking powder

Eggs and nuts

- 2 eggs, beaten well
- ½ cup (50-60g) crushed or chopped walnuts

Instructions:

1. In a medium bowl, combine dried fruit, applesauce, orange zests and juice and vanilla. Let it soak for 15 to 20 minutes.
2. In a large bowl, mix whole meal flour, almond meal, cinnamon, baking soda and baking powder.
3. Add beaten eggs to fruit mixture and mix well.
4. Pour fruit and liquid mixture into dry ingredients and stir to combine. Add walnuts and stir to combine.
5. Pour mixture into a loaf pan lined with parchment (baking) paper and bake at 160°C for 45mins to 1 hour, or until the toothpick which is inserted in the centre of the cake comes out clean. Let the fruitcake rest for 30 minutes before removing it from the pan. Serve.

*Let cake cool completely before cutting.

*Keep leftover almond flour/almond meal in an airtight bag or container in the fridge or freezer.

Nutrient Analysis

Nutritional Information (per slice 73g):	
Energy	200 kcals
Carbohydrate	33g
Protein	4.5g
Total Fat	6.7g
Saturated Fat	0.7g
Cholesterol	24.8mg
Dietary fibre	3.7g
Sodium	62mg



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