

Fruit Cake

Serves: 24

Prep time: 15 minutes

Cook time: 50 minutes



½ serve per portion

Ingredients

600g dried fruit (dates, cherries, raisins, sultanas)
150g canned pineapple pieces (about half of a 440g can)
1 cup apple juice, no added sugar
1 orange, zest and juice
Zest of 1 lemon
3 eggs
2 tablespoons olive oil, extra virgin
1 teaspoon mixed spice
½ teaspoon allspice
½ cup almond meal
1 ½ cup self-raising flour
¼ cup coconut flour
2 tablespoons almonds, slivered

Method

LINE a 20cm high baking tin with baking paper. Preheat fan forced oven to 150°C.
PREPARE fruit in large bowl, cutting dates, cherries and raisins to size of sultanas.
ADD the canned pineapple plus all of the juice from the can, apple and orange juices and orange and lemon zest to the dried fruit. Heat mixture in microwave for 3 minutes.
MIX eggs with oil and spices and add to slightly cooled fruit mixture.
STIR in almond meal and combined flours evenly through, rest on bench for 5 minutes. Pour into cake tin. Decorate with slivered almonds.
BAKE in oven for 50 minutes.



Discretionary Food

Recipe courtesy of Fiona McKenzie, Brisbane City Nights Branch