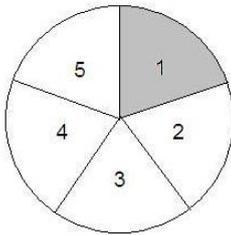


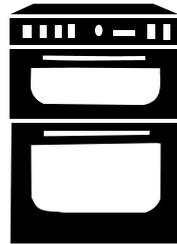
Fat-Free Fruit Cake

Serves: Makes approximately 10 slices

Portions of fruit and vegetables per serving: 1



Oven Needed



Allergen information:

Allergens are in bold.

Contains **cereals**
containing gluten

Contains **egg**

May contain sulphur dioxide

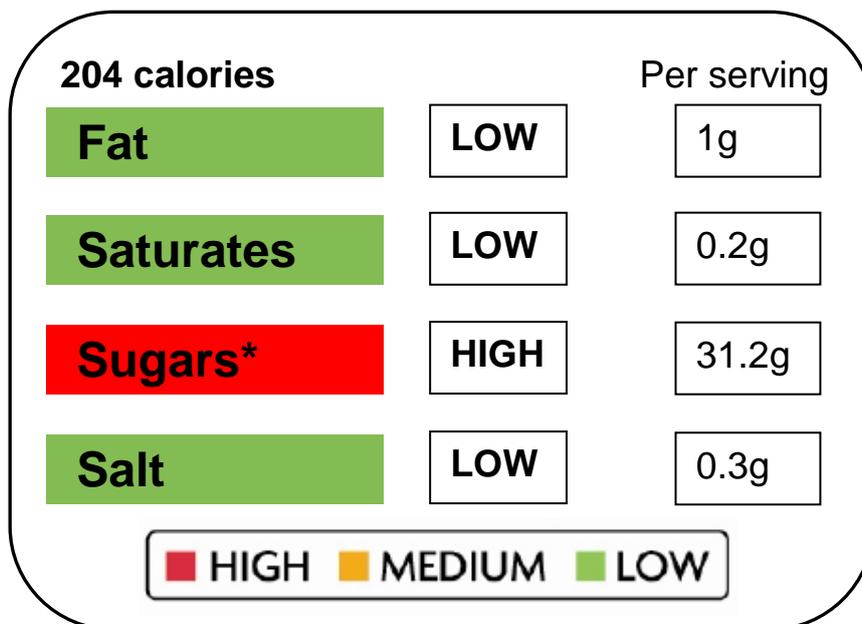
Ingredients	Amount	Preparation
mixed dried fruit	450g (1lb)	
cold tea (no milk)	285ml ($\frac{1}{2}$ pint)	
self-raising flour	225g (8oz)	
egg	1 medium	beaten

Please Turn Over



Method

- 1 Preheat the oven to gas mark 4 / 180°C / 350°F.
- 2 Place the fruit in a bowl and pour over the cold tea, leave to soak overnight or for a few hours. The tea should just cover the fruit.
- 3 Drain the fruit and reserve a cupful of the liquid.
- 4 Add the flour to the fruit and pour in the beaten egg.
- 5 Stir well with a wooden spoon.
- 6 If it looks too dry, add a little of the tea that was reserved.
- 7 Line a loaf tin with greaseproof paper or use a non-stick cake tin and pour the mixture into the tin.
- 8 Cook for 1-1¼ hours on the middle shelf. This produces a cake with a moist, doughy texture a little like malt loaf.



* These sugars are 'natural sugars', which occur in foods such as fruit. Although all sugars can cause tooth decay, fruit has many benefits. Try to restrict foods high in natural sugar to mealtimes only, and cut down on foods high in 'added sugar' such as sweets, cakes and biscuits.

Handy Hints

- Remember dried fruit counts as one of your 5 portions of fruit and vegetables.
- This cake is very low in fat and tastes sweet due to the dried fruit.

