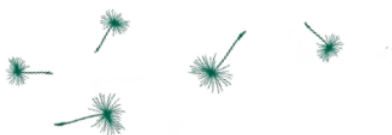


Fruit Cake (with no refined sugars)

300g mixed dried fruit (I use a mix of sultanas, raisins, chopped dates and figs)
100g butter (or vegan substitute)
1tbsp honey (or apple concentrate)
1tbsp molasses
125ml boiling water

1 egg beaten (this can be substituted with 1 tbsp ground linseed and a little vegan milk)
200g flour (I use 100g of Doves Farm Self Raising wholemeal flour with 100g chestnut flour for extra sweetness but you can also use a brown gluten free flour mix for a gluten free version)
1 tsp baking powder
1 tsp ground cinnamon
1 tsp ground mixed spice
grated zest of half a lemon
grated zest of half an orange
A little milk (or plant based milk)
Handful of flaked almonds and some extra for sprinkling on top

- Melt the butter slowly in a large pan and add the fruit, sweeteners and water
- Simmer for 20 mins and let it cool
- Add the rest of the ingredients and stir until well mixed, add some milk if it is too stiff
- Press into a 21cm lined round cake tin and sprinkle with more flaked almonds
- Bake on the middle shelf of the oven preheated to 160 'C (or 140 fan) for 60-75 mins until skewer comes out clean.
- This cake keeps for many days, even weeks. I often double this recipe and use a 24cm round tin and bake it for 90 mins, it makes an excellent everyday cake or a special occasion cake.



French Spice Bread (Pan d'Epice)

225ml honey
250g wholemeal rye flour
50g ground almonds
½ tsp baking powder
¼ tsp bicarb of soda
2 bulbs (6cm) of stem ginger (finely chopped, grated or crushed)
2 tsp fennel seeds
2 tsp ground cinnamon
5 cloves (ground)
grated zest of half a lemon
grated zest of half an orange

You can ad lib on the spices here, adding nutmeg, cardamon and star anise. If you haven't a pestle and mortar to grind the cloves then use some ground allspice or mixed spice instead.

- Warm the jar of honey in a pan of hot water until runny. Add honey to the flour, mix and leave to stand for an hour.
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- Add the rest of the ingredients and stir for 5 mins or use an electric mixer (it's too sticky to knead by hand and you waste a lot of honey)
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- Press the dough into a lined and greased 1/2 kg loaf tin
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- Bake on the middle shelf of the oven preheated to 180 °C or 160 fan for about 35-40 mins until skewer comes out clean. Cracks may occur on the surface.
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- When baked you can pour over a glaze of boiled water and brown sugar and return to oven for 2 minutes. (I prefer it sugar free)
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- This bread keeps for many days becoming softer if you keep it wrapped up in a tea towel. It tastes better after 2 days when the spices have mingled (if you can resist it for that long). It's very dense so you can cut very thin slices with a bread knife.



Apple Chestnut Cake

150g wholemeal spelt flour or gluten free flour
150g Chestnut flour
2tsp baking powder
1 tsp cinnamon (nutmeg and cardamon also suit this cake)
150g unsalted butter
450g cooking apples
1 egg (this can be substituted with 1 tbsp ground linseed and a little vegan milk)
3 tbsp yoghurt (or vegan milk)
1 tbsp apple concentrate
Handful of sultanas
Handful of flaked almonds

- Rub the butter into the flour mix, add the spices and baking powder
- Peel and chop the apple into rough 1cm chunks
- Add the apple pieces to the flour mix
- Stir in the egg, yoghurt and apple concentrate, this should be a thick mixture and hard to spread into the tin with no dry ingredients remaining in the bowl, if it needs more moisture add some water.
- Line or grease a 23cm circular loose bottom cake tin, spread the cake mixture and sprinkle the almonds over the top
- Bake at 180 fan for 35-40 mins
- Great eaten hot or cold served alone or with some greek yoghurt or vegan cream



Date and Almond Energy Balls

200g ground almonds
300g dates
1 tsp ground cinnamon
Ground cardamon (6 pods)
Coconut flour or blitzed desiccated coconut in a mini food processor

In a food processor, mix the almonds and dates until the dates are small pieces and mixed in with the almonds. Test the stickiness by trying to make it into a ball. Add more dates if necessary, this will depend on the freshness of your dates. Roll into individual bite-sized balls and roll in coconut to coat. You could always skip this stage and simply eat the mixture by the teaspoon!

Raisin Walnut Energy Balls

300g walnuts
300g raisins

In a food processor, grind the walnuts to make crumbs and add the raisins and mix until they become a solid, sticky ball. The walnuts give a lot of oil. The stickiness will depend on the variety of raisins. Roll into individual bite-sized balls.

Experiment by adding grated orange peel, cocoa nibs, cinnamon and cloves. They can be rolled in cocoa powder if desired.

