

The following recipes use no refined sugar, instead they use either honey, molasses, dates, malt extract or apple concentrate...

Fruit Cake

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

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)



Photo by [Rob Wicks](#) on [Unsplash](#)

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)
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



- 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.
- 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)
- Press the dough into a lined and greased 1/2 kg loaf tin
- 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.
- 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)
- 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



Sticky Date Gingerbread

200g chopped dates
200ml boiling water
1tsp bicarbonate of soda
1tsp vanilla essence

150g wholemeal flour or gluten free flour
(I like to use 100g wholemeal flour
with 50g fine oatmeal as it gives it a more
chewy texture and is more beneficial for the
digestive system)
2tsp baking powder
1-2 tsp ground cinnamon
3-4 ground cloves



75g organic unsalted butter or vegan alternative
50g date sugar (made from dried and ground dates available from [buywholefoodsonline](http://buywholefoodsonline.com),
however raw cane sugar or coconut sugar will be fine if you can't get date sugar)
1 tbsp molasses
2 eggs beaten (can be substituted with 2 tbsp ground linseed and a little vegan milk)
2-4 inches of fresh ginger root (finely grated or chopped in a mini food processor). This
works out at 2tbsp of chopped root which makes it satisfyingly gingery, however use more
or less as desired.

- Pour boiling water over the chopped dates and add the bicarb and vanilla. Soak for 10 mins at least, (this can be soaking while you prepare the other ingredients) then blend with a blender stick or in a liquidiser.
- Combine the flours, dried spices and baking powder.
- Cream the butter, date sugar in a mixer then add the molasses.
- Add the beaten eggs and a spoonful of the flour mixture alternately until the egg is used up.
- Add the rest of the flour, stir in the blended dates and add ginger.
- Line or grease a 17x30 traybake cake tin or similar, spread the cake batter in the tin it should be no more than 1 inch deep with some room to rise. Bake at 160 fan for 40-50 mins until it feels bouncy on top and not too wet inside, a skewer should come out clean, it may sink towards the end of baking but it is still moist and yummy.
- This cake is nice topped with flaked almonds, sprinkle them over the cake before baking.

Date and Almond Bliss 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



Photo by [pure julia](#) on [Unsplash](#)

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.

