

Hi all,

Here is a great recipe for Christmas Day.

It is a cake which can be made gluten free, is vegan, free of sugar and meets the needs of anyone with a nut, dairy or egg allergy. It is also pretty yum!



### EASY CHRISTMAS DAY FRUITCAKE FOR ALMOST ANYBODY!

You will need:

- 2.5 cups dried mixed fruit, (sultanas, raisins, apricots, figs, pears & dates work really well). Organic if possible
- 2 cups boiling water
- 2 cups flour, whole meal preferably or gluten free and white will work as well
- 1tsp bicarb
- 1/2 cup sunflower or rice bran oil
- if there are no nut allergies, whole almonds, walnuts or pecans can be used to decorate the top of the cake

Method:

- In a large mixing brown or saucepan, combine dried fruit and boiling water. Soak for 2 hours or until room temperature & fruit has swelled.
- Preheat oven to 180 degrees and grease a 20cm round cake tin
- Mix dry ingredients in a large bowl
- Make a well in the centre and add fruit, mix until combined
- Pour into cake tin, arrange nuts on top if using and pop in the oven for 50 minutes to 1 hour
- Cool for 10 minutes before removing from tin.

Serve on its own or with custard or cream if desired.

Merry Christmas and a Very Happy New Year - See you next Month!

Lucy - Nutritionist, Yoga teacher and Mum of three ☺

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PS - you are welcome to email me any questions you may have on Nutrition