

## Fruit cake

### Sugar-free, flour-free, yummy

The sweetness is provided through large amounts of dried fruit, and the eggs, cream, butter and cognac make it particularly delicious. It contains no refined sugar, or grain or processed foods. Use organic fare if possible. Makes two small cakes or one large one.

#### Ingredients:

##### Phase one

- 300g sultanas
- 300g raisins
- 70g currants
- 115g chopped mixed nuts
- 100g flaked almonds
- 115g chopped prunes

##### Phase two

- 225g organic grass fed butter
- 4 organic free range eggs
- 1 whole organic orange
- 200ml organic double cream
- 6 dessert spoons of cognac

##### Phase three

- 200g almond flour and ground almonds mixed half and half or just use ground almonds
- 4 teaspoons baking powder

#### Method – preheat oven to 160 C

##### Phase one:

- Weigh out and combine phase one ingredients in a big bowl with a small amount of almond flour/ground almonds – make sure the fruit is all coated with this, otherwise it will sink.

##### Phase two and phase three:

- Weigh out phase two ingredients
- Mash butter until creamy in a food processor with a knife blade.
- Whilst this is happening, weigh out phase three ingredients in a bowl.
- Chop the orange into chunks and blitz with a hand held blender until it is mushy.
- Add eggs to the butter in the food processor, one at a time, continuing to whizz it, adding a little phase three 'flour' after each addition
- Repeat with orange, double cream and brandy
- You cannot overwhizz this phase
- When all wet ingredients are combined, add the rest of the 'flour' and mix in briefly
- Now combine all ingredients with the fruit (into the phase one bowl) and mix well.
- Divide into two lined cake tins and bake in a 160C oven for 1 ¾ hours for small cakes or 2 hours for large cake

