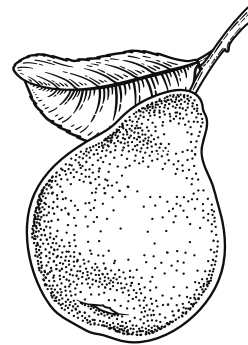


# FRUIT CAKE



by Cath, a Claver Hill member

- 8 oz dates chopped
- 4 oz raisins
- 3 oz oil
- 8 oz wholemeal flour, e.g. spelt
- 2 oz walnuts or pecans
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 1 tsp mixed spice
- optionally: 1 tbsp brandy

Pre-heat the oven to 180°C.

Stew the chopped dates and raisins for 3 minutes with half a pint of water.

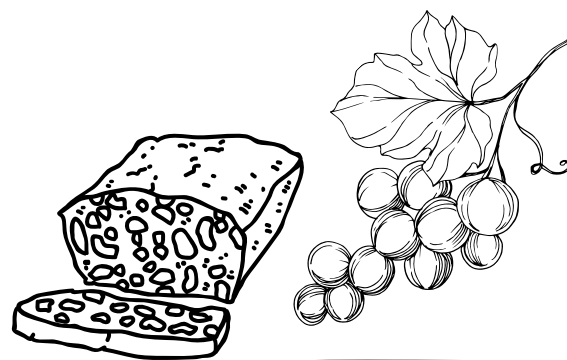
Put the flour, spices, baking powder and baking soda in a bowl and mix well.

Then mix in the nuts.

Mix the oil with the boiled dried fruits and then mix fairly speedily with the dry ingredients.

Scoop the dough into a 2-pound loaf tin greased and lined with baking paper.

Bake for 30-35 minutes at 180° or mark 4 gas.



## TOP TIP

Substitute pieces of dried pears or dried apples for the raisins. You can also add 1 tablespoon of pear concentrate or apple purree.

This recipe was shared as part of Share the Harvest, a seasonal festival celebrating the diversity of local fruit varieties in North Lancashire and fighting fruit waste.

[foodfutures.org.uk/share-the-harvest](https://foodfutures.org.uk/share-the-harvest)

#ShareTheHarvest #ClosingLoops



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