

MOLLY CAKE

A wonderfully moist and fruity cake, containing no refined sugar or fat. It's also free of eggs and dairy products.

Ingredients

250g stoned dates, roughly chopped

300 ml water

85g plain flour (I enjoy experimenting with different flours, so here I often use Brown Rice Flour, or spelt, etc.)

3 tsp baking powder

1 tsp ground mixed spice

85g wholemeal flour

500g mixed dried fruit of your choice (i.e. apricots, prunes, figs, cherries, sultanas, raisins - and I tend to add a bit extra as well!)

50g ground almonds

80ml orange juice (I find I don't need all this)

Method

Preheat the oven to 170C/Gas 3 and line a 900g loaf tin with baking parchment.

Put the dates and water in a pan and bring to the boil. Remove the pan from the heat and set aside.

Sieve the plain flour, baking powder and mixed spice into a bowl. Add the wholemeal flour, mixed fruit and ground almonds, and stir to combine. Stir in the wet date mixture and the orange juice. Mix well.

Spoon into the loaf tin. Bake for 45-50 minutes (may need more!), or until a skewer comes out clean.

Turn out onto a wire rack and cool. (It is at this point that I usually pour a good dollop of brandy over the cake, wrap it up in greaseproof paper, and leave it to soak in!)

Enjoy!