

## Easy Fruit Cake

- 1 kg mixed dried fruit
- 1 tin sweetened condensed milk
- 3 tins water (using condensed milk tin)
- 1 ½ cups self raising flour
- 1 cup wholemeal flour
- 1 tsp baking soda
- 1 ½ cups nuts eg walnuts, brazils or almonds (or a mixture)
- 2 eggs

Place dried fruit, sweetened condensed milk and water into a heavy bottomed saucepan; bring to the boil, turn down and simmer for 5 minutes. Turn off the heat and leave to cool.

Add flours, baking soda, nuts and eggs; mix until well combined. Spoon into oiled medium sized cake tin and bake for around 1 – 1 ¼ hours or until a skewer comes out clean. Leave to cool in tin before turning out.

### Health Habits:

- Basing cake around fruit – this adds vitamins, minerals and fibre
- Using wholemeal flour – adds extra fibre
- Adding nuts – adds essential fats, vitamins, minerals and fibre
- Not adding butter or any other fat – keeps total fat content down