

Fig and Walnut Cake

1 ½ cups brown sugar
2 eggs
2 tsp vanilla
½ cup plain flour
½ cup wholemeal flour
1/2 tsp baking soda
4 tsp grated lemon rind
Juice from 1 lemon
375g dessert figs, chopped
75g walnuts

Beat eggs and brown sugar together until thick and creamy. Add all other ingredients and mix well. Line the bottom of a 26cm springform tin with baking paper and lightly oil the sides. Transfer mixture to the tin. Bake at 160C for 40 – 50 minutes or until a skewer inserted into the cake comes out clean. Serve with vanilla or honey yoghurt.

Health Habits:

- Using wholemeal flour – more fibre
- Adding figs - valuable fibre, vitamins and minerals
- Adding walnuts – high in essential omega 3 fatty acids