

## Just Fruit Cake

2 cups orange juice  
1kg dried fruit mix  
1 cup self raising flour  
1 cup wholemeal flour  
2 tsp baking powder  
2 tsp vanilla  
1 tsp almond essence  
1 tsp cinnamon  
1 tsp ground ginger  
½ tsp ground nutmeg

Soak the fruit in orange juice overnight or for at least 8 hours. Add sifted white flour and all remaining ingredients; mix until well combined but do not over mix. Turn into a medium sized cake tin that has been lined with baking paper or oiled well. Bake at 160 C for 1 ¼ hours. Cool before turning out. This cake freezes well.

### Health Habits:

- Using half wholemeal flour – adds more fibre
- Plumping up the dried fruit with fruit juice – locks in moistness and means you do not have to add fat to the cake
- No added butter or oil – keeps cake very low in fat and reduces kilojoules
- No added sugar – sweetness comes from dried fruit and juice