

Orange and Almond Cake

3 naval oranges (about 400g total weight)

3 eggs

4 egg whites

1 ½ cups sugar

1 tsp baking powder

210g ground almonds

Place oranges in a large pot of boiling water and simmer for about 1 ½ hours or until the fruit is very soft. Remove from the water and allow to cool. Cut the fruit in half, remove the seeds and then place fruit (complete with skins) into a blender or food processor and blend until smooth. Separate the eggs and beat the egg whites with the sugar to a thick meringue. In a separate bowl, mix the 3 egg yolks, baking powder and the ground almonds; add to the meringue mixture along with the orange puree. Pour mixture into prepared 23cm springform tin and bake at 180C for 45-60 mins or until a skewer comes out clean when inserted in the centre. Allow to cool in the tin. Serve with reduced fat icecream or yoghurt. Serves 10

Optional Topping

Slice 3 oranges into thin slices, place in a saucepan with ¾ cup sugar and 1 cup water. Bring to the boil, turn down slightly (gentle boil) and cook until orange slices are soft and candied, and liquid has turned into a syrup. Place slices on top of cake, and brush syrup over top to glaze.

Health Habits:

- Using whole oranges complete with skin – provides vitamins, minerals and fibre
- Having no added butter or oil – keeps fat content low
- Using ground almonds – adds essential and “heart friendly” fats