

Spiced Fruit Bread

200g dried apricots, roughly chopped
200g dried figs, roughly chopped
200g dried dates, roughly chopped
1 tsp bicarbonate of soda
1 cup self-raising flour, sifted
1 cup wholemeal flour
2 tsp baking powder
1 tsp ground ginger
1 tsp ground cinnamon
½ cup caster sugar
2 eggs, lightly beaten
2 Tbsp canola oil

Preheat oven to 180C. Grease and line a 24 x 12cm loaf tin with non-stick baking paper. Put the apricots, figs and dates in a medium saucepan, add 2 cups water and bring to the boil. Reduce heat and simmer until nearly all the liquid has been absorbed. Stir the bicarbonate of soda and allow to cool slightly. Sift the flour, baking powder and spices into a large bowl, stir in the sugar and make a well in the centre. Add the combined eggs and oil and the cool fruit mixture. Spoon the mixture into the prepared tin and bake for 50 minutes or until a skewer inserted into the centre comes out clean. Cool for 5 minutes in the tin before turning out onto a wire rack to cool completely.

Makes 12 slices

Health Habits:

- Basing cake around dried fruit – adds vitamins, minerals, fibre and natural sweetness
- Using wholemeal flour – adds fibre
- Using canola oil instead of butter – more “heart friendly”
- Using small quantity of oil only – keeps total fat content low