

EASY CHRISTMAS CAKE



Here is a simple fruit cake for those who might find Christmas cakes and puddings a challenge. Enjoy..

Preparation time: 20 minutes

Cooking time: 1 - 1 1/2 hours

Ingredients:

1 cup caster sugar

1 can of crushed pineapple, drained

500g mixed fruit

1 teaspoon mixed spice (not allspice)

1 teaspoon ground cinnamon

2 tablespoons golden syrup

120g organic unsalted butter

1 teaspoon bicarb soda

1 tablespoon white vinegar

1 cup organic stoneground wholegrain plain flour

1 cup organic stoneground wholegrain self raising flour

Method:

Preheat your oven to 180°C and prepare a round cake tin by greasing it with your preference of

butter/oil or margarine.

Place the sugar, pineapple, fruit, spice, golden syrup and butter in a saucepan and boil for 3 minutes. Allow to cool.

Mix the bicarb soda and vinegar together and add the flours (sifting) and bicarb/vinegar mix to the fruit mix. Mix well.

Pour the mixture into your prepared cake tin and bake for 1 - 1 1/2 hours or until cooked through. Cool and serve.