

CHOCOLATE CHRISTMAS CAKE

SERVES 6 / PREPARE 10 MINS / BAKING 30 MINS

Ingredients

50g	Pitted dates	1/4 tsp	Cinnamon
40g	Dried figs	1	Egg, beaten
30g	Dried apricots	1tbsp	Cocoa
40g	Cranberries	2tbsp	Wholemeal flour
40g	Unsalted butter, melted	1tbsp	Ground almonds
35g	Muscovado sugar	1/8tsp	Baking powder
35	Runny Honey	1/8 tsp	Bicarbonate of soda
ml			
1	Unwaxed medium orange		
¼ tsp	Mixed Spice		

Instructions

Pre-heat your oven to 140C. Line 18 cm cake tin with paper cases.

Pulse the dried figs, apricots and dates in a processor or cut with a sharp knife until chopped but not turned into a paste.

Zest and juice your orange. Reserve both juice and zest.

Put the chopped fruit and the cranberries in a sauce pan with the butter, cocoa, sugar, honey, orange juice and zest. Simmer for 10 minutes until really glossy and sticky.

Let cool down for 30min and then add the flour, ground almonds, spices, baking soda and bicarbonate and mix well.

Spoon the mixture into the cupcake cases. Bake at 140C for 30min.

Check the mini-cakes are done by inserting a cake tester. These are gorgeously moist cakes so a little stickiness is expected.

Let cool down completely in the tin on a rack.

These cakes freeze really well in the but being fruitcakes they'll last a very long time in the silicone container with the lid tightly on.

TIPS:

For a gluten-free version substitute the wholemeal flour for ground almonds and for a nut-free version substitute the almonds for more wholemeal flour.

For babies under 12 months substitute honey for rice brown syrup.



Nutrifacts



Dried fruit is high in FIBRE that helps keep us regular. It contains NATURAL SUGARS which are absorbed more slowly than refined sugars thanks to the fibre in the fruit.

Eggs are rich in protein to help us grow and heal. Additionally, eggs contain vitamin A that supports vision and healthy skin as well as riboflavin that promotes normal growth and vitamin

B12 that supports red blood cell health. Complex carbohydrates like those in wholemeal flour and breadcrumbs help maintain our energy levels stable as energy from these foods is released slowly.

Almonds are packed with good fats to keep a healthy heart, protein to support growth and fibre to improve gut health.

Sugar contains NO nutrients only calories in the form of refined carbohydrates, that's why it is important to only have it occasionally.

In order to help balance your sugar levels when eating sweets, ensure they also contain fibre from fruit, vegetables, nuts, seeds or wholemeal flours and protein from eggs, nuts or seeds.