

My Favourite Fruit Cake

Just remember to soak the fruit overnight before making this delicious cake with no butter or margarine. For best results use organic ingredients!

½ pint (275ml) Cold Tea (you could use Rooibosch or decaff if you wish)

1lb (450g) Mixed Fruit.

8 oz (225g) Demerera Sugar or Organic raw cane.

4oz(110g) Walnuts chopped

4oz (110g) Glace Cherries, rinsed & sliced

1 Large Free Range Egg, beaten with 2 tablespoons of milk (Soya milk is fine)

1 lb (450g) Wholemeal flour, or half wholemeal, half white, with 4 teaspoons Baking Powder.

Soak the fruit in the tea & sugar overnight. Mix in the rest of the ingredients and put into two 2lb loaf tins(greased & lined) or a roasting tin 11"x9" Bake at gas mk 3, 325'C or 170' F for one hour and ten minutes (or so)