



Alström Syndrome UK
Strength for today, hope for the future

Stay Fit, Stay Healthy, Stay Happy

**Nana Mary's
Fat Free Fruit Cake
(no added sugar)**



Preparation Time

**Overnight soak
+ 10 minutes
preparation time**

Cooking Time

55 minutes

Serves

10-12 slices

What will I need?

A large cup/250 ml
of strong black tea

450 grams of dried fruit

225 grams of wholemeal self-
raising flour

1 teaspoon of baking powder

1 teaspoon of mixed spice

What will I need to do?

1. Leave the tea to go cold and
remove the teabags or tea leaves.

2. Pour the cold tea into a large
mixing bowl and add the dried fruit.

3. Leave to soak overnight.

4. Pre heat the oven to 150
degrees C or Gas Mark 3

5. Mix all the ingredients together in
a large bowl.

6. Line a loaf tin (oblong tin) with
greaseproof paper and grease the
paper.

7. Put the cake mix into the lined tin
and cook for 55 minutes.

8. To identify if the cake is cooked

through, poke a skewer into the
middle of the cake and pull the
skewer out. If the skewer is sticky, it
needs a bit longer to cook. If the
skewer is dry, the cake is ready to
come out of the oven.

9. Remove from the oven when
cooked and leave to cool for one
hour.

10. Turn the cake out of the loaf tin
onto a flat chopping board.

11. Once completely cooled, you
can slice the cake into thick slices,
wrap in foil and freeze for individual
servings or store the whole cake in
an airtight container.

***Nana says it will stay fresh for
one week, if it lasts that long!***

Top Tips

Nana uses a mix of currants, sultanas and dates for the dried fruit. Nana uses any variety of tea but preferably not mint tea!

A silicone loaf tin does not need to be prepared with greaseproof paper. A loaf tin is preferable to a round cake tin, to ensure the cake is cooked all the way through. The oblong shape cake is easier to cut into equal thick slices than a round cake.