**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

1 egg

**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.**