

FIONA TUCK

NUTRITION WELLNESS YOGA



Gluten Free Christmas Cake

Gluten free best ever easy to make Christmas cake.

Ingredients:

125 g sultanas
200 g cranberries
100 g blueberries
6 medjool dates, roughly chopped
6 prunes roughly chopped
¼ teaspoon of cardamom
1/4 teaspoon ground cloves
1 teaspoon nutmeg
2 teaspoons ground cinnamon (use less if you are not a big cinnamon lover)
1 teaspoon vanilla extract
Zest from 1 lemon
Zest from 1 orange
6 tablespoons of brandy (for an alcohol-free version use strong cooled black chai tea)
3 tablespoons macadamia nut oil (can use any oil of choice)
3 eggs
200 g (2 cups) ground almonds
150 g raw mixed nuts, chopped (almonds, walnuts, brazil nuts)

Prep: 20 mins

Cook: 90 mins

Serves: 15

For decorating:

Mixed dried fruits (e.g. prunes, figs, apricots, dried apple rings)
1 teaspoon maple syrup

Directions:

1. Preheat fan oven to 150 C
2. Grease and line a loaf tin with baking paper
3. Place the dried fruit in a bowl and add 4 tablespoons of alcohol (or tea), spices, vanilla and lemon and orange zest. Stir to combine and set aside for 10 – 15 mins.
4. Beat together the eggs. Add eggs and the macadamia oil to the dry fruit mix. Stir to combine.
5. Add the mixed nuts and almond meal and stir to combine.

6. Spoon and press the cake mixture firmly into the lined tin and level with the back of a spoon. Cover the top of the cake lightly with baking paper to prevent the top of the cake from burning.
7. Place in the oven for 1½ hours or until cooked through. 5 minutes prior to the end of the cooking time remove the baking paper from the top of the cake (if the cake needs further browning).
8. Leave to cool.
9. Using a cake skewer, make small holes all over the top of the cake and spoon over the remaining alcohol or tea.
10. Wrap in baking paper and store in an airtight container for up to 6 weeks.

Serving suggestion

Decorate with dried fruits and a drizzle of maple syrup.
