

VAL'S VIRTUOUS CAKE RECIPE

"This is a wonderfully moist cake that improves over time and keeps well in the fridge for up to a month!! It contains no refined sugar or fat, it's egg free and dairy free. It is suitable for vegans."



You can make it in a 2lb loaf tin (900g) or 2 x 1lb loaf tins. Val sometimes makes 4 little ones in some half pound tins.

Serves 8-10, that's quite generous slices!

Cooking time: 50 minutes for the large one, 40 minutes for 2 tins and 25-30 mins for the 4 small tins.

Ingredients

- 250g stoned dried dates roughly chopped
- 300ml water
- 170g wholemeal self raising flour
- 1 level teaspoon baking powder
- 1 teaspoon mixed spice
- 1/4 teaspoon cinnamon
- 500g dried fruit. Val uses 250g chopped dried apricots, 150g sultanas and 100 raisins. You can put cherries in, or dried cranberries. Be inventive!
- 50g ground almonds
- 80ml freshly squeezed orange juice
- Zest of two oranges

Method

1. Preheat the oven to 160°C fan, gas mark 3 or equivalent.
2. Line the baking tins, Val uses the ones from Lakeland that you just slip into the tins.
3. Put the dates and water in a microwaveable bowl and cook for 10 minutes on medium power, that water should be just bubbling, remove the bowl and set aside.
4. Sieve the flour, baking powder and spices into a bowl and add the date mixture.
5. Add the almonds, zest and orange juice.
6. Mix well until all the flour is incorporated.
7. Spoon into the loaf tin/tins.
8. Bake for 45-50 mins or until a skewer comes out clean.
9. Turn out onto a cooling rack and cool.
10. Get together and share your tasty bake with friends and family.

Store in an airtight container. Enjoy!

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