

Christmas Cake - Dried Fruits and Nuts

3 cups coarsely chopped Brazil nuts, hazelnuts, almonds (or combination of any nuts)

1 lb. (about 3 cups) pitted dates, coarsely chopped (or combination of dates, raisins, prunes)

1 cup dried apricots, chopped

3/4 cup flour – (options: whole wheat, spelt, coconut flour, GF flour mix, etc.)

1/3 - 1/2 cup honey (substitute with maple syrup – for less sweet, use neither)

1/2 tsp. baking powder

1/4 tsp. salt (omit for salt-free option)

3 eggs

1 tsp. vanilla

In mixing bowl, combine nuts and dried fruits. In another bowl stir together flour, baking powder, and salt – add to nuts and dried fruits, mixing until well-coated. Beat eggs until foamy, add honey and vanilla – fold into the previous mixture. Mix well.

Press mixture into loaf pan with lightly-oiled liner paper. Bake at 300-325 degrees for one hour and 15-30 minutes, depending on your oven. If cake looks like it's getting dark on the top after 45-50 minutes, cover loosely with a foil tent.

Let cool completely.

I always err on the side of leaving it a little longer, as I like to soak the cake in cheesecloth soaked in fruit juice or brandy.

Cake doesn't really need any time to age, although when wrapped in the cheesecloth as above I like to give it a couple weeks for the flavours to absorb.

Recipe can be easily doubled or tripled with very satisfactory results.

