

HEALTHY LOW FAT FRUIT CAKE

By Shirley McClure

2 ¾ cups mixed fruit
1 cup apricot nectar
1 teaspoon honey
1 cup mashed pumpkin
1 ½ cups self-raising flour
1 teaspoon mixed spice
1 teaspoon bicarbonate of soda

1. Grease a 140mm x 210mm loaf pan and cover base with baking paper.
2. Combine mixed fruit, apricot nectar and honey in medium pan.
3. Bring to boil, reduce heat and simmer uncovered for 3 minutes.
4. Transfer to bowl and cool.
5. Stir in pumpkin and sifted flour, spice and bicarbonate soda.
6. Spread mixture into prepared pan.
7. Bake in moderate oven for about 1 (one) hour.
8. Cover and with foil and cool cake in pan.
9. Cake is now suitable to freeze.