



Nut and Dried Fruit Cake

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PREPARATION: **30 MINUTES**

MARCARATION : **24 HRS**

COOKING: **70 MINUTES**

INGREDIENTS

- 150 g (2/3 cup) brown rum
- 110 g (1/2 cup) brandy
- 30 ml (2 tbsp) honey
- 150 g (1 1/3 cups) currants
- 110 g (3/4 cup) dried apricots, finely chopped
- 80 g (1 cup) dried mangoes, finely chopped
- 80 g (1/2 cup) dried cherries
- 70 g (1/2 cup) dried cranberries
- 45 g (1/3 cup) hemp seeds
- 90 g (2/3 cup) chopped almonds
- 90 g (2/3 cup) pumpkin seeds
- 490 g (3 1/2 cups) *"La Merveilleuse"*
- 22.5 ml (1 1/2 tbsp) baking powder
- 1 ml (1/4 tsp) salt
- 120 g (1/2 cup) honey
- 200 g (1 cup) light olive oil
- 5 medium eggs (225 g)
- 120 g (1/2 cup) unsweetened applesauce
- 5 ml (1 tsp) almond extract
- 435 g (1 3/4 cups) plant-based milk substitute

PREPARATION

1. In a medium saucepan, bring rum, brandy and honey to a boil. Add dried fruit, hemp seeds, almonds and pumpkin seeds. Mix well, cover and cook over low heat for five minutes.
2. Remove from heat and allow to macerate for 24 hours at room temperature.
3. The next day, before you start, preheat the oven to 350 °F (180 °C).
4. In a medium bowl, mix dry ingredients together.
5. In a large bowl, beat honey and oil with an electric mixer for about a minute. Then add the eggs, applesauce and almond extract. Beat again, at maximum speed, for about two minutes.
6. Add dry ingredients, alternating with the plant-based milk substitute. Start and finish with the dry ingredients. Beat after each addition, then continue beating at maximum speed with the electric mixer until the mixture thickens, about one to two minutes more.



This cake has become our version of the traditional Christmas fruit cake. My father, who loves it, always looks forward to the holidays to receive his as a gift!

TIPS

* **Moulds:** The use of small moulds will help for optimal baking of these cakes. For my part, I like to use six small moulds of 9 cm x 14 cm (3.5 inches x 5.5 inches). The cooking time may vary depending on the size of the moulds used.

** **Packing cakes:** When they are well cooled, you can brush them with rum or brandy, to taste. This step is optional but it helps with storage in the refrigerator, if you don't freeze all of them. Wrap the cakes in plastic wrap and then cover them with aluminum foil.

NUTRITION FACTS

Per portion	250 Calories
Fat: 12 g	18 %
Saturated 1,5 g	
Trans 0 g	8 %
Polyunsaturated: 2,5 g	
Omega-6: 2 g	
Omega-3: 0,2 g	
Monounsaturated: 7 g	
Cholesterol: 25 mg	
Sodium: 40 mg	2 %
Carbohydrate: 28 g	9 %
Fibres: 2 g	8 %
Sugars: 12 g	
Protéines: 5 g	
Vitamin A	6 %
Vitamin C	2 %
Calcium	8 %
Iron	10 %
Magnesium	20 %
Manganese	30 %

7. With a spatula, gently fold the dough, then add the fruits and nuts from the day before. Make sure they are evenly distributed in the dough.
8. Pour the dough into oiled moulds covered with parchment paper at the bottom. Decorate the top, as desired (see attached photograph).
9. Bake on the center rack for about 70 minutes, or until a toothpick inserted in the centre comes out clean (cover the cake with aluminum foil if it starts to brown too quickly).
10. Allow the cakes to cool completely on a wire rack, without unmoulding them. (This should be done for fruit cakes).
11. When the cakes are completely cooled, unmould and wrap as described.
12. These cakes can be kept in the refrigerator for up to three weeks. You can also freeze them and let thaw in the refrigerator or at room temperature before serving. They will be delicious slightly warmed up, which brings out just the right hint of alcohol.