



## Who Doesn't Love Fruitcake?

This is a great cake with fruit that everyone will enjoy!

Okay. I understand that some folks just can't go there, but to the rest of us, a great fruitcake is a delight any time of the year, especially around the holidays and winter months. This is my favorite recipe. I'm not a big fan of all the candied fruits, opting for rich dried fruits instead. While my recipe calls for brushing the cake with brandy a really great Port also imparts a lovely aroma and richness to the fruity treasure.

### Fruit

- 2 cups organic sweetened, dried cranberries
- 1 cup each: organic currants or raisins and chopped unsulfured dried apricots
- 1  $\frac{3}{4}$  cups chopped dates
- $\frac{1}{2}$  cup of water, cranberry juice, or brandy (*brandy adds great taste and aroma*)

### Cake

- 1 cup raw or organic unsalted butter, softened
- 2 cups organic date or maple sugar, sucanat or rapadura
- 2 teaspoons aluminum-free baking powder
- 1 teaspoon Celtic salt
- $\frac{1}{4}$  teaspoon orange oil ([lorannoils.com](http://lorannoils.com) or [kingarthurfLOUR.com](http://kingarthurfLOUR.com))
- 4 large pastured eggs
- 3  $\frac{3}{4}$  cups To Your Health sprouted wheat or spelt flour
- 1 cup orange juice, preferably fresh or unpasturized
- 2 cups chopped pecans or walnuts (optional), preferably unsprayed

To prepare the fruit: combine the dried fruit with liquid in a saucepan. Heat thoroughly, stir then set aside to cool.

Preheat oven to 325 degrees. Lightly butter and flour the pans of your choice: 2 loaf pans or a bundt pan.

To prepare the cake: in a large bowl, beat together the butter, choice of sugar, baking powder, salt, and flavors. Beat in the eggs one at a time. Stir in the flour alternately with the orange juice. Add the undrained fruit and nuts.

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Spoon the batter into the buttered and floured baking pan(s), filling them  $\frac{3}{4}$  full.

Bake the cake for 50-80 minutes; loaf pans will bake for the shorter length of time. When done, the cakes will be a light golden brown all over, and a toothpick inserted into the center will come out clean. NOTE: If cake is browning on top but not done in middle, tent the top with aluminum foil and bake until done in middle.

Remove the cakes from the oven. Brush with brandy or the liquor of your choice while warm (optional). When completely cooled, wrap well and let rest at least 24 hours before serving.