

Natural Fruit Cake

An all-natural fruit cake with pecans, dates, and pineapple!

Yield:

4-5 dozen small slices

Ingredients:

1 cup honey

4 eggs

1 cup whole wheat pastry flour*

2 teaspoons vanilla extract

1/2 teaspoon salt

12 ounces chopped pecans**

12 ounces dried pineapple slices, finely chopped

12 ounces dried pitted dates, finely chopped**

Instructions:

1. In a large bowl, combine the honey, eggs, flour, vanilla, and salt, stirring until well-mixed.

2. Add the nuts and dried fruit, and stir well.

3. Grease small loaf pans – either four 3×5-inch pans or six mini loaf pans (1.5×4.5-inch).

4. Pack fruit cake batter tightly into the greased pans and bake at

325 degrees for 45-55 minutes or until the cake tests done (clean

toothpick or fork in center). Edges will be browned.

5. Remove cake from pans and allow to cool on a wire rack. Slice thinly.

Fruit cake can be frozen (I wrap in wax paper and then in foil for freezing).



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This recipe is from Tammy's Recipes.