

- RECIPE -

from the Chooz to Looz Weight Loss Program
www.milhamdietitians.com

DIET CHRISTMAS CAKE

INGREDIENTS

2 cups (500g) mixed dried fruits
1 cup (150g) dried apricots, finely chopped
400g can crushed pineapple in natural juice
¼ cup (60ml) freshly squeezed orange juice
1 teaspoon mixed spice
¼ teaspoon ground cloves
1 teaspoon bicarbonate soda
2 egg whites
2 cups (230g) wholemeal SR flour



METHOD

1. Line base and sides of a deep 80cm round cake tin with 3 layers of baking paper, bringing paper 5cm above edge of tin.
2. Place fruit, apricots, undrained pineapple, orange juice and spices in a saucepan.
3. Bring slowly to the boil and then simmer, uncovered, for 5 minutes.
4. Remove from heat, cover and allow to cool to room temperature.
5. Transfer mixture to large bowl and stir in bicarbonate soda.
6. Beat egg whites in small bowl with an electric mixer until firm peaks form, then fold into fruit mixture.
7. Stir in sifted flour, the mixture will be firm.
8. Spread mixture into prepared pan.
9. Bake in moderate oven for about 1 ½ hours (cover cake loosely with foil if cake is over browning).
10. Cover the hot cake tightly with foil, cool in the pan.

Please note

- Recipe can be made 2 weeks ahead
- Store in fridge
- Not suitable for microwaves



For more information on the Chooz to Looz program, please visit us online at www.milhamdietitians.com or telephone us on (08) 8377 2298

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