





35 'Health, Happiness & Freedom'

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CHRISTMAS CAKE



The Goodies List ©

½ cup Sultanas 1/2 cup Raisins

1/2 cup Cranberries 1/2 cup Slivered Almonds

1/2 cup Apricots, chopped 6 Figs, chopped

2 cups Apple Juice 2 tblsp Birch Xylitol

2 heaped tblsp Almond Butter 3 Eggs

1 tsp Vanilla Bean Paste 1 tsp Bi Carb Soda

1 tblsp Cinnamon 1/4 tsp Ground Nutmeg

1/4 tsp Ground Ginger 1 cup Almond Meal

1 cup Hazelnut Meal 1 tblsp Cacao Powder

3 shots Espresso

Always Bring Your Joy and Passion to Create @

Combine all the fruit in a large bowl and marinate in the apple juice. Overnight is best. In a separate bowl whisk eggs, almond butter and vanilla. Stir to combine. In the same bowl that your fruit is marinating in, now add the bi carb soda, cinnamon, nutmeg, ginger, almond meal, hazelnut meal, slivered almonds, cacao powder and espresso. Stir well to combine and now add in the contents of your bowl that has the eggs and other ingredients. It will end up being a large, moist and dark-looking mixture. Stir well.

I ended up baking mine in 2 ways...a lined loaf tin and a dozen cupcakes. The cupcakes have proved a big hit, great for portion sizes and I used some of the cupcakes as xmas gifts © If you are baking just one cake, I would suggest you may need something similar to a large springform tin.

Bake in pre-heated oven at 150-160 degrees for approx. 40 – 50 mins. Allow to cool in tin before turning onto wire rack. This one was a massive hit...No pudding needed!!

