



Holiday-Spice Fruit Cake (gluten-free, dairy-free)

Ingredients

4 eggs*	2 Tsp cream of tartar	3/4 cup ground walnuts*
4 Tbsp honey	2 Tsp ground cinnamon	1/2 cup dried, dates, pitted
1/8 cup butter	2 Tsp ground vanilla bean	1/2 cup dried figs
1 banana	2 Tsp ground cloves	1 apple
1 1/3 cup ground almonds	2 Tsp ground nutmeg	
2/4 cup coconut flour	2 Tsp cardamom	

* Please check the recipe for ingredients and make sure there are no ingredients included to which you or a family member are allergic or known to be sensitive.

And that is how it is done

1. Preheat the oven to 320°F and grease a loaf pan (9 x 5 inches) with butter.
2. Beat the eggs in a mixer until fluffy, then stir in the honey and butter.
3. Peel the banana, mash with a fork and stir into the egg mixture.
4. Stir the almonds, coconut flour, cream of tartar and all spices into the mixture.
5. Roughly chop the walnuts, dates and figs (in a food processor if possible) and stir into the mixture.
6. Peel the apple, remove the core, cut into small cubes and stir into the mixture.



7. Knead everything well into a dough. Pour the batter into the loaf pan and bake in the oven for 1 hour. If the bread is getting too brown, cover it with a piece of parchment paper and continue baking until the hour is full.



HAPPY HOLIDAYS to you and your loved ones!
Wishing you lots of LOVE and HEALING in 2023,

XC Bettina

