

Festive Fruit Cake

Makes 1 large or 2 medium cakes



INGREDIENTS:

- ◆ 19oz unsweetened Pineapple tidbits with juice
- ◆ 3/4 cup Pineapple juice
- ◆ 3 Tbsp. Orange juice concentrate
- ◆ 1 Tbsp. Grated lemon rind
- ◆ 1 Tsp. salt
- ◆ 1 Tsp. vanilla
- ◆ 1 Tbsp. oil
- ◆ 1/4 Tsp. Almond extract
- ◆ 2 Tsp. coriander
- ◆ 1 cup dates
- ◆ 1 cup Unsweetened coconut
- ◆ 1/2 cup Red and green cherries
- ◆ 1/2 Cup Dried apricots
- ◆ 1/2 cup raisins
- ◆ 1/2 Cup Mixed peel
- ◆ 1 1/2 cups Whole wheat flour
- ◆ 1 1/2 cups walnuts
- ◆ 1 1/2 cups pecans

DIRECTIONS

COMBINE pineapple, juices, lemon and orange rind, salt, oil, vanilla, almond extract and coriander. CUT dates, cherries, and apricots into approximately 1/2" pieces. ADD dates, coconut, cherries, apricots, raisins, and peel and let soak for a few minutes. STIR in nuts and flour mixing thoroughly. PACK into one large lecithin-oiled bread pan (9 1/4" x 5 1/4" x 2 3/4") or 2 medium pans (8 1/2" x 4 1/2" x 2 1/2") BAKE at 300 deg F. for 2 hrs (lg pan), 1 1/2 hrs (med pan)