

Spicy Apple Cake

350g wholemeal self-raising flour
150g dates, chopped
150g sultanas or raisins
½ teaspoon salt
1 teaspoon cinnamon
1 teaspoon mixed spice
A few toasted fennel and cardamom seeds
(optional)
500g cooking apples
1tsp sodium bicarbonate
150ml sunflower oil
1 eating apple



1. Pre-heat the oven to 180°C/350°F/Gas Mark 4 and grease and line a 20cm /8inch loose-bottomed round cake tin.
2. Measure out the flour, salt and spices and put in a large mixing bowl along with the dates and sultanas.
3. Peel and chop the cooking apples, cover with a little water in a saucepan and cook until the apples have completely broken down.
4. Add the bicarbonate of soda to the stewed apples, and then add to the dry ingredients along with the vegetable oil
5. Stir together until the mixture has a smooth consistency - add a little more water if required but do not make it too liquid
6. Pour into the cake tin and smooth over the surface.
7. Cut the eating apple into slices and place in a circular pattern on top of the mixture, and sprinkle a little extra cinnamon on top.
8. Bake the cake in the centre of the oven for around an hour until golden brown and springy to the touch.
9. Leave to cool completely before removing from the tin.

Notes: Sugar-free and vegan