

Fruit Packed Fruit Cake

- **375 ml fresh orange juice**
 - **Grated peel of one 1 large orange**
- **175g chopped dried cherries**
- **175g chopped dried apricots**
- **175g chopped dried pineapple**
- **150g currants**
- **175g plain flour**
- **150g wholemeal flour**
- **1 teaspoon ground cinnamon**
- **½ teaspoon ground allspice**
- **½ teaspoon baking powder**
- **½ teaspoon salt**
- **100g granulated sugar**
- **50ml mild extra-virgin olive oil, or walnut oil**
- **2 tablespoons unsalted butter, at room temperature**
- **3 tablespoons black treacle or golden syrup**
- **1 teaspoon vanilla extract**
- **2 large egg whites, divided**
- **3 red cherries, cut in half, for garnish**
- **8 pecan halves, for garnish**

Instructions

- **Step 1**

Position rack in centre of oven; preheat to 275 degrees F. Coat two loaf tin with cooking spray and lightly dust with flour.

- **Step 2**

Bring orange juice to a simmer in a small pan over medium-high heat. Mix orange peel, dried cherries, apricots, pineapple and currants in a large bowl; pour the warm juice over the fruit and let sit until most of the liquid is absorbed, about 10 minutes. Strain out excess juice; toss the fruit with half of your plain flour until well coated. Set aside.

- **Step 3**

Whisk the remaining plain flour, wholemeal flour, cinnamon, allspice, baking powder and salt in a medium bowl until blended.

- **Step 4**

Place sugar, oil and butter in a large bowl. Beat with an electric mixer on medium speed or fork until smooth and creamy, about 2 minutes. Beat in treacle and vanilla, then add egg whites one at a time, scraping the sides of the bowl as necessary.

- **Step 5**

Stir in the dry ingredients. Pour the batter over the fruit and mix well. Pour into loaf tin. Decorate the tops with glace cherries and pecans.

- **Step 6**

Bake the cake until lightly browned and firm to the touch, about 1 hour and 40 minutes. A toothpick inserted in the centre should come out clean. Let cool in the pans on wire racks for 10 minutes. Remove from tin and cool completely.