

Vegan Fat-free Weetabix Fruit Cake

For 3 small loaf tins:

6 Weetabix, crushed

3 cups flour (2 wholemeal, 1 white)

3 teaspoons cream of tartar

1½ teaspoons bicarbonate of soda

2 cups sugar

½ cup mixed seeds (eg. sunflower and pumpkin)

1½ cups dried fruit (if using home-dried gooseberries or other fruit, chop this and soak in hot water to cover for ~10 minutes before draining and adding to mix. Reserve the soaking liquid.)

3 cups soya milk (or soaking liquid + soya milk to make up to 3 cups)

2 bananas, mashed

Heat oven to Gas mark 4.

Grease and line 3 small loaf tins.

Mix all ingredients together and pour batter into prepared tins.

Bake for 45 minutes to 1 hour or until skewer inserted into centre of cake comes out clean.

Leave for a minute or so in the tin, then turn out and peel off greaseproof paper.

Cool on a wire rack.

Delicious with butter (not vegan and certainly not fat-free!)