

Gluten Free Fruit Teacake

Recipe recommended by Claire Sambolino
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	1170 kj	14%
Energy (kcal)	279 kcal	14%
Fat	13g	19%
of which saturates	7.9g	40%
Carbohydrate	36g	14%
of which sugars	15g	17%
Fibre	2.5g	10%
Protein	3.5g	7%
Salt	0.87g	15%

Generated by Nutritics v5.61

INGREDIENTS: (Serves c. 12 portions, 176kcal per 70g serving)

- 125g butter (**MILK**)
- 275ml (1/2 pint) Tea (black or rooibos)
- 175g mixed dried fruits (raisins, sultanas, cranberries, blueberries, dates) (**SULPHITES**)
- 125g rice flour
- 125g buckwheat flour
- 1 tsp bicarbonate soda
- 1 pinch salt
- 1 tsp mixed spice (cinnamon, nutmeg, ginger)
- 1 tsp gluten free baking powder

- 50g coconut sugar (optional)

METHOD:

1. Place butter, tea, fruit and coconut sugar in a saucepan and gently bring to the boil.
2. Simmer for 3-4 minutes and then leave to cool for 5-10 minutes.
3. Sieve in the dry ingredients to the wet mix and combine well.
4. Pour into a round cake tin or loaf dish
5. Bake at 160C for c. 35 mins (round cake) or c. 45 mins (loaf cake)

ALLERGENS



MILK



SULPHITES

MODIFY

For a dairy free version
substitute butter with coconut oil

CREDIT

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Photo by: Claire Sambolino