

Prune and Chai Spice Cake



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A delicious, light, fluffy and moist cake that is perfect for morning or afternoon tea, a school lunch box treat or even a celebration cake at Christmas.

SERVES: 12 | PREP TIME: 20 mins plus baking time | LEVEL OF DIFFICULTY: ●○○

Cake Mixtxure

INGREDIENTS

- 1¼ cups (250g) **Australian prunes**, pitted
- 2 cups self-raising flour
- 1 cup brown sugar
- 2 eggs
- 1 cup light olive oil (or grapeseed oil)
- 1 cup milk
- 1 tsp bicarb soda
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 1 tsp mixed spice
- 1 tsp ground cardamom

CREAM CHEESE ICING (OPTIONAL)

- 125g light cream cheese
- 1 ½ cup icing sugar

METHOD

1. Preheat oven to 170 degrees and grease and line with baking paper a 24cm round cake tin.
2. Cook prunes in 1½ cups water over a medium heat until boiling. Simmer for 5 mins. Drain. Blitz in a food processor or blender until smooth.
3. In a large bowl mix together flour, sugar, bicarb and spices. In a jug mix the oil and milk with a fork until blended then whisk in the eggs.
4. Add milk and egg mixture to the dry ingredients, as well as the prune puree. Mix gently.
5. Pour mix into prepared tin and bake for 45 mins or until cooked right through and a skewer comes out clean.

To make an (optional) cream cheese icing, mix 125g light cream cheese in a food processor with 1½ cups of icing sugar until smooth. Smooth over the cooled cake.

NUTRITION

Per serve: Energy 1870kJ, Protein 6g • Total fat 21g • Saturated fat 4g • Total Carbohydrates 55g • Total sugars 38g • Dietary fibre 3g • Sodium 325mg

20g prunes per serve (40% of daily 50g serve of prunes)



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