

## Really Easy Figgy Cake

### Ingredients for 8 portions (107g)

18 (200g) dried figs

4 eggs

120ml rapeseed oil

100g sugar

Zest and juice from one orange or lemon

240g wholemeal fine self-raising flour (also works with plain wholemeal flour)

2.5 tsp (10g) baking powder

2 tsp cinnamon

2 tsp dark brown soft sugar (or other sugar, as available)

### Method

Cut the figs into quarters, removing any hard stalks. Place the quartered figs in a heat proof bowl and just cover with boiling water. Leave covered for several hours or overnight to rehydrate.

Grease a large loaf tin, 20cm cake tin or individual muffin tin.

Mix the sugar, oil, orange/lemon zest, flour, baking powder and cinnamon until well mixed – if easier, rub in using your fingers until the consistency resembles non sticky crumbs.

Drain the figs and reserve the juice. Fold the figs into the cake mix until evenly distributed.

Beat the eggs until light and doubled in volume and then pour onto the cake mixture and gently fold in, carefully to avoid cutting into the mixture. Once the eggs have been combined with the other ingredients, stop mixing. Add some of the fig juice as needed to ensure a wet, dropping consistency and the mixture falls easily off a spoon.

Spoon the mixture into the cake tin(s) and cook on middle shelf of oven for 30-40mins at 160C (fan), 350F or gas mark 4. The cooking time will be shorter for individual muffins (about 15mins). For large cakes cover the cake lightly after the first 20 mins to avoid the edges drying out. The cake is done when and a skewer inserted into the centre of the cake comes out clean and if you gently press the centre with your finger it springs back.

While the cake is cooking, squeeze the juice from the lemon or orange into a small bowl and stir in 2 teaspoons of dark brown soft sugar to form a thin syrup. Once the cake is cooked, remove from the oven and carefully spoon the syrup over the cake coating the top and sides, whilst still in the baking tin. Leave to cool and set, then turn out onto a plate. Keep the cake covered in an airtight container and store in the refrigerator.

Variations: add other dried fruit such as raisins or chopped prunes, apricots or chopped walnuts or pistachios to the mixture before cooking. For special occasions here are two further options:

- add 100g dark chocolate, chopping each square into quarters, along with the figs
- soak the figs with a little hot water and 2tbsp rum or amaretto.

## Nutritional Information

This quick and easy cake is a sweet indulgence that's also good for you!

Each 107g portion is high in fibre, vitamin E, phosphorus and manganese; and also a source of vitamin D, vitamin K, vitamin B12, biotin, copper and selenium.

For the full nutritional content for this recipe, see below

### Really Easy Figgy Cake Nutrition Declaration

	Nutrient content per 100 g	Nutrient content per 107 g portion
Energy	1518 kJ / 363 kcal	1631 kJ / 389 kcal
Fat	16 g	17 g
<i>of which</i>		
- saturates,	1.5 g	1.7 g
- mono-unsaturates,	8.7 g	9.1 g
- polyunsaturates,	4.5 g	4.7 g
Carbohydrate	46 g	49 g
<i>of which</i>		
- sugars,	25 g	27 g
Fibre	5.7 g	6.2 g
Protein	6.7 g	7.3 g
Salt	0.90g	0.97g

VITAMINS & MINERALS	Nutrient content per 100 g	% Reference intake per 100 g	Nutrient content per 107 g portion
Vitamin D	0.74 µg	15	0.8 µg
Vitamin E	3.4 mg	28	3.6 mg
Vitamin K	18 µg	24	20 µg
Vitamin B12	0.63 µg	25	0.68 µg
Biotin	7.3 µg	15	7.9 µg
Phosphorus	401 mg	57	431 mg
Copper	0.21 mg	21	0.22 mg
Manganese	1.1 mg	53	1.1 mg
Selenium	9.8 µg	18	11 µg