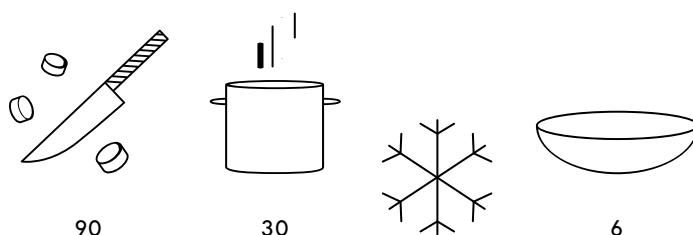




Fruity Mincemeat Cake Bars

No Christmas is complete without some tasty homemade mincemeat. Forget the shop bought jars – these are laden with sugar and suet. Making your own is simple and tastes absolutely divine. This mincemeat is full of fresh and dried fruits, nuts and spices. Sweetened only with rich & dark agave nectar and the natural sugars of the fruits this is a great healthy alternative. Use it as a filling for mince pies, muffins, cakes and tarts. Mincemeat combines well with apples and pears – try stirring a little into fruit mixtures for crumbles and bakes or add a spoonful into Greek yogurt for a quick tasty pudding. As it does not contain suet it is best stored in the fridge (for up to a week) or you can freeze it in batches. If you love this fruity mincemeat and fancy a change from mince pies then try these quick, healthy mincemeat cake bars.



Ingredients

To make the fruity mincemeat:

- 225g (8oz) sultanas
- 225g (8oz) raisins
- 60g (2oz) dried cranberries
- 225g (8oz) dried apricots
- 110g (4oz) dried figs
- 110g (4oz) dried dates, pitted
- 110g (4oz) chopped almonds
- 3 dessert apples, washed, cored and chopped
- 2 pears, washed, cored and chopped
- 3 lemons, juice and zest
- 2tsp (10ml) mixed spice

Directions

To make the fruity mincemeat:

1. Wash the dried fruit.
2. Chop the apricots, figs and dates into small pieces with scissors.
3. Place all the dried fruit in a large bowl and cover with apple juice or boiling water. Leave to soak for an hour.
4. Drain well and mix the dried fruit with the spices, fresh fruit, lemon zest and juice and nuts and place

1tbsp (15ml) ground cinnamon
1tsp (5ml) ground cloves
pinch of freshly grated nutmeg
75ml (5tbsp) rum or brandy, optional
100ml (4floz) The Groovy Food Company Rich & Dark
agave nectar

To make the cake bars:

250g (9oz) wholemeal self raising flour
2 tsp (10ml) baking powder
4 eggs
2 tbsp (35ml) The Groovy Food Company Light
Amber & Mild agave nectar

in batches in a food processor.

5. Pulse gently to chop the mixture but do not over-process.
6. Warm the Agave Nectar slightly with the rum (if using) and add to the mixture making sure to mix well.
7. Place in airtight containers or jars and refrigerate or freeze in batches

To make Mincemeat Cake Bars

1. In a large bowl combine 250g wholemeal self raising flour with 2tsp baking powder.
2. Stir in 450g mincemeat, 4 beaten eggs and 2tbsp Groovy Food mild agave nectar.
3. Stir to combine then spoon in to a rectangular shallow tray bake tin.
4. Bake in the oven at 180°C, gas mark 4 for 25-30 minutes until golden brown.
5. Cool in the tin then cut into bars.