

Forest Fruit Cake without Sugar:

- The following amount is for two cakes to be made at once.

Mix in a large bowl:

- 4.5 cups of oat flakes
 - 4 cups of whole wheat flour
 - 1 cup of minced walnuts
 - 1 teaspoon of cinnamon
 - 1/2 teaspoon of nutmeg
- Mix in a second (smaller) bowl:
 - 1 cup of canola oil
 - 1 cup of water
 - 3 teaspoons of vanilla concentrate
 - Mix both the dry and the wet mixtures together.
 - Take 2/3 of the mixture and use it as base for two cake forms. Try to go also up the sides with the dough.
 - Bake for 10 minutes at 180 degrees.
 - In the meantime prepare the filling. For this, mix in a cooking pot:
 - 4.5 cups minced dates
 - 4 cups apple juice
 - 2 cups blueberries (or other forest fruits)
 - 1 cup of raisins
 - 1 cup of cut walnuts
 - 1/2 teaspoon of cinnamon
 - 1/4 teaspoon of cardamom
 - Cook this filling for 15 minutes on very low fire (burns very easily)
 - After cooking it and the cakes are ready, put the filling equally onto the two cakes.
 - Caramelize about 6 banana (slice it and cook them with 1/3 cup of lemon), and cover with the caramelized banana the berry mixture.

- Now you need to add the following to the remaining oat mixture:
 - 1 cup of oats
 - 1/2 cup of sugar
- Mix it together and put it on the top of the cakes.
- Bake it for another 25 minutes.