

## ***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.