

Fig and Walnut Cake

1 ½ cups brown sugar
2 eggs
2 tsp vanilla
½ cup plain flour
½ cup wholemeal flour
½ tsp baking soda
4 tsp grated lemon rind
Juice from 1 lemon
375g dessert figs, chopped
75g walnuts

Beat eggs and brown sugar together until thick and creamy. Add all other ingredients and mix well.

Line the bottom of a 26cm springform tin with baking paper and lightly oil the sides. Transfer mixture to the tin.

Bake at 160°C for 40 – 50 minutes or until a skewer inserted into the cake comes out clean.

Serve with vanilla or honey yoghurt.

Health Habits:

- Use wholemeal flour for more fibre.
- Figs add valuable fibre, vitamins and minerals.
- Walnuts are high in essential omega 3 fatty acids.