



LIVE LONGER
LIVE HEALTHIER
LIVE HAPPIER

WWW.ROSEMARYCONLEY.COM

Recipe © Rosemary Conley Enterprises

KIM'S CAKE

Kim's Cake is a recipe from the archives. Originally given to Rosemary by Kim, one of her class members of over 30 years ago, it is a super-low-fat cake that is easy to make and utterly delicious.

Makes 8 - 10 slices, then cut into fingers to serve.

Serving size 1cm/½ inch slice

INGREDIENTS

2 mugs of mixed dried fruit
1 mug of hot black tea
1 mug soft brown sugar
2 mugs self-raising flour
1 large egg, beaten

Whatever size mug you use the quantities still work proportionally.

METHOD

1. Soak the dried fruit overnight in a bowl with a mug of hot black tea to allow the fruit to swell.
2. Place all the ingredients together in a large mixing bowl, including the fruit and tea, and mix well.
3. Line a 2lb loaf tin and bake for 1½ hours at 160 degrees C, 325 F or Gas Mark 3. Then check to see if the cake is cooked through by piercing the centre with a skewer. If it comes out clean it is cooked. If not, place back in the oven for up to a further 30 minutes.

