



Mini Fruit Cakes

Prep: 15 minutes plus cooling

Bake: 25 minutes • Serves: 12

Nonstick cooking spray

- 1½ cups superfine almond flour from blanched almonds
- ½ teaspoon baking soda
- ½ teaspoon fine sea salt
- 1½ cups chopped dried fruit such as apricots, cherries, cranberries, dates and/or golden raisins
- 1 cup chopped walnuts
- 4 large eggs
- ¼ cup unsweetened applesauce
- 2 tablespoons vegetable oil
- 1 tablespoon brown sugar
- 1 tablespoon orange zest
- 1 tablespoon vanilla extract

1. Preheat oven to 350°. Spray 8 (5-ounce) wells in 8-well mini loaf pan with cooking spray.

2. In large bowl, whisk flour, baking soda and salt; stir in fruit and walnuts. In medium bowl, whisk eggs, applesauce, oil, sugar, orange zest and vanilla extract. Stir wet ingredients into dry ingredients until just combined. Pour batter into prepared pan.

3. Bake 25 minutes or until toothpick inserted in center of loaves comes out clean; cool in pan on wire rack 15 minutes. Remove loaves from pan; cool completely on wire rack.

Approximate nutritional values per serving:

258 Calories, 18g Fat (2g Saturated), 62mg Cholesterol, 175mg Sodium, 22g Carbohydrates, 3g Fiber, 14g Sugars, 3g Added Sugars, 7g Protein

Dietitian's Dish

> Edible gifts don't have to be filled with added sugar and empty calories. Nuts, dried fruits, and seeds are packed with flavor and nutrients to fuel through the holidays and a healthier new year!