

# Healthy Christmas Fruit Cake (Grain-free)

Yield: 14 min  
Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-moist-christmas-fruit-cake-recipe>

## Ingredients:

- 2 1/4 cups mixed dried fruit try a mix of raisins, cranberries, apricots and dates
- 5/8 cup walnuts about 3/4 cup
- 1 Orange
- 1 1/3 cups almond flour /meal, approx 1 and 1/4 cups
- 5/8 cup coconut flour approx 1/2 cup - I used Sukrin coconut flour
- 1/2 teaspoon soda bicarb
- 1/2 teaspoon salt
- 3 teaspoons mixed spice
- 1 teaspoon ground cinnamon
- 5 eggs
- 3 1/2 tablespoons butter approx 1/4 cup, melted - or coconut oil for dairy-free
- 1 tablespoon vanilla extract
- 4 tablespoons amaretto or another liqueur of choice - optional
- 2 tablespoons honey maple syrup or rice malt syrup
- 2 tablespoons amaretto or another liqueur of choice

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 85 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 7 grams
7. SaturatedFat: 6 grams
8. Sodium: 150 milligrams
9. Sugar: 27 grams

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