

Spiced Pear, Walnut & Sultana Cake

(Recipe from www.thesensitivefoodie.net - gluten, dairy & egg free)

- Olive oil to grease pan, I use spray
- 150g Nuttalex or margarine or butter of choice
- 270g caster sugar
- 2 tablespoons arrowroot or tapioca powder
- 225g plain flour (I use YesYouCan Gluten Free flour)
- 2 teaspoons baking powder
- 800g canned pears, gives about 450g pears. Chop the pears into 1cm cubes, and keep the juice.
- 90ml pear juice from canned pears
- 50g walnuts chopped
- 70g sultanas (this is 2 of the little snack size boxes)
- 3 teaspoons mixed spice
- 2 tablespoons of warmed honey to brush over the cooked cake

Method

1. Pre-heat the oven to 170c degrees. Grease a 20cm springform pan with olive oil spray, or use a normal cake pan and line with baking paper.
2. Using a beater, mix together the butter and sugar together in a large bowl until pale and creamy.
3. Add the arrowroot powder, baking powder, pear juice and flour and gently fold mixture to combine well.
4. Add the diced pears, walnuts, sultanas and mixed spice and stir through.
5. Pour the mixture into the prepared tin and put in the oven for 1 1/2 hours (90 mins) or until a skewer comes out of the middle clean.
6. Once cooked, remove from oven and using the skewer, poke a few holes into the cake to allow the honey to seep in. Then pour over the warmed honey and brown over the cake, while still in the pan. Leave to cool for 10mins. And then remove from the pan and let sit until cooled. Serve with extra drizzled honey.