

## HONEY FRUIT CAKE:

227g Self-raising flour  
227g Honey  
113g Butter  
113g Chopped cherries  
113g Sultanas  
57g Mixed peel

Pinch of salt and nutmeg  
Milk as required

1. Cream together butter and honey.
2. Beat eggs together and add alternately with the flour and salt.
3. Add fruit, peel and nutmeg.
4. Beat lightly but well.
5. Add a little milk if required.
6. Turn into a prepared tin (cake should not exceed 200mm in diameter)
7. Bake for approximately 2 ½ hour in a moderate oven.

### Conversion chart

<u>Imperial</u>	<u>Grams</u>	<u>Spoons</u>	<u>grams</u>	<u>Fluid ozs</u>	<u>ml</u>
1oz	28.5	¼tsp	1.25ml	1	28.4
2ozs	57	½tsp	2.5ml	2	56.8
3ozs	85.5	1tsp	5ml	3	85.2
4ozs	114	1dsp	10ml	4	113.6
8ozs	227	2tbsp	15ml	8	227.2
16 or 1lb	454			20 or 1 pint	568

**Please note:**

1ml of water weighs 1g ∴ 200 ml of water weighs 200 grams