



Pineapple Prune Cake

1 cup pitted prunes

8 oz. can crushed pineapple in its own juice

1 6-oz can frozen pineapple juice concentrate

1/2 cup raisins or currants(optional)

1 teaspoon cinnamon* 1/4 teaspoon cloves* 1/4 cup vegetable oil

1 tablespoon granular lecithin(if soy is permitted)

1 1/4 cup amaranth flour

1/4 teaspoon salt

1 1/2 teaspoon baking soda

1 cup nuts, coarsely broken

2 large eggs

1 teaspoon vanilla

Measure 1/2 cup of juice concentrate for cake; reserve remaining 1/4 cup for glaze. Chop prunes; mix with undrained pineapple and juice concentrate in a 2 or 3 quart saucepan. (or combine these three in processor to chop fruit. Then pour into saucepan.) add raisins or currants and spices. Bring fruit to boil and simmer 5 minutes; set aside to cool. Stir in oil and lecithin. In separate bowl, combine dry ingredients and mix them thoroughly. Grease a 9"x9" glass baking dish. When fruit mixture is luke warm, add eggs and vanilla and beat for 2 minutes with wooden spoon. Add dry ingredients and stir until they disappear. Pour batter into prepared baking dish. Bake at 350° for 35 to 40 minutes, until cake springs back when touched lightly in center. Make glaze when cake is removed from oven. *if you don't tolerate these spices, substitute spice of your choice.

Pineapple Glaze(optional)

1/4 cup frozen pineapple juice concentrate

2 tablespoons water

2 tablespoons honey

Combine ingredients in a small saucepan. Boil 7 or 8 minutes until syrupy. Prick hot cake several times with fork and dribble hot glaze over it, spreading to cover cake with thin glaze. Allow cake to cool in pan. Cut in squares to serve. Delicious warm...or any time.