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## **MINERAL CAKE**

### **Makes two:**

4oz/100g soya flour  
4oz/100g whole-wheat flour / rye / buckwheat  
4oz/100g porridge oats/millet flakes/rice flakes  
4oz/100g linseeds  
2oz/50g sunflower seeds  
2oz/50g pumpkin seeds  
2oz/50g sesame seeds  
2oz/50g flaked almonds  
2 pieces stem ginger, chopped finely  
8oz/200g raisins  
Approx.  $\frac{3}{4}$  litre soya milk  
1 tbs. malt extract  
 $\frac{1}{2}$  tsp. nutmeg  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{2}$  tsp. ground ginger

If you want more sweetness use black strap molasses.

### **Method:**

Put all dry ingredients into a large bowl and mix thoroughly, then add soya milk and malt extract. Mix well and leave to soak for about half an hour. If mixture is too stiff, add more soya milk. Spoon into loaf tin lined with greaseproof paper and oil.

Bake in oven gas mark 5/190°C for about 1¼ hours or until cooked thoroughly (test with a skewer). Turn out and leave to cool.

Eat a slice a day.