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Description

Step into the cozy comfort of the holidays with a guilt-free twist on a classic favorite! This healthy traditional fruit cake brings you all the rich, spiced aromas, plump dried fruits, and warming holiday flavors you love, but with a smart, modern makeover. Crafted to be low in carbs and packed with wholesome protein, it delivers a wonderfully moist, dense, and satisfying texture without any of the heavy sugar crash. Whether you are cozying up on a crisp winter evening or looking for a festive treat that aligns with your wellness goals, this wholesome bake is sure to become a seasonal staple.

Can This Traditional Fruit Cake Support Weight Loss Goals?

Yes, this traditional fruit cake can support weight loss goals when incorporated into a balanced diet, primarily due to its macro-friendly profile. By swapping traditional refined flours and heavy sugars for high-protein alternatives and wholesome low-carb ingredients, this recipe significantly increases your protein intake. Protein helps promote a feeling of fullness and satiety, which can naturally help curb cravings and manage overall daily calorie intake while still letting you enjoy seasonal traditions.

Does Traditional Fruit Cake Fit a High-Protein Lifestyle?

This nutrient-dense fruit cake fits seamlessly into a high-protein lifestyle by keeping net carbs low while delivering a substantial protein boost from ingredients like almond flour and quality protein powder. It utilizes low-carb natural sweeteners and nutrient-rich seeds or nuts, ensuring you get both great flavor and solid nutritional value. Each slice supports your daily protein targets without derailing your low-carb or fitness objectives.

My Personal Experience

- Baking without traditional flour: Experimenting with almond flour and protein powder required a delicate balance of moisture to prevent dryness, leading to the discovery that Greek yogurt adds the perfect rich crumb.
- Balancing the fruit-to-batter ratio: Finding the right amount of soaked dried fruit was crucial so that every slice bursts with flavor without sinking to the bottom of the pan during baking.
- Achieving the classic spiced aroma: Testing various combinations of cinnamon, nutmeg, and cloves helped recreate that nostalgic holiday warmth perfectly suited for a fitness-friendly dessert.

Perfect For

- High protein desserts: Satisfying your sweet tooth after dinner while staying on track with your fitness goals.
- Keto diet plans: Enjoying a traditional holiday bake without compromising ketosis or spiking blood sugar.
- High protein snacks: Grabbing a nutrient-dense slice of fuel during busy afternoons or post-workout slumps.
- Winter holiday gatherings: Serving a crowd-pleasing, festive dessert that accommodates health-conscious guests.

Why You’ll Love This Recipe

- Packed with protein: Keeps you full and satisfied longer by replacing standard refined carbs with muscle-friendly macronutrients.
- Authentic holiday flavor: Delivers all the rich spices and festive dried fruit notes of a classic Christmas cake without the guilt.
- Moist and tender crumb: Utilizes clever baking techniques and wholesome binders to avoid the dryness often found in healthy baked goods.
- Blood sugar friendly: Uses low-glycemic sweeteners and high-fiber ingredients to prevent energy crashes after eating.

Common Mistakes to Avoid

1. Using unsoaked dried fruit: Forgetting to plump or soak your dried fruits can result in dry pieces that absorb moisture from the batter and burn easily.
2. Overbaking the cake: Leaving the cake in the oven too long because it feels soft will dry it out; rely on a toothpick test rather than firm texture.
3. Skipping the cooling time: Cutting into the cake while it is piping hot causes it to crumble easily instead of setting into firm, clean slices.
4. Packing protein powder incorrectly: Scooping protein powder too heavily can make the cake rubbery, so always spoon and level your dry ingredients.

Required Equipment

- 8×4-inch loaf pan: — shapes the cake and ensures even thickness for uniform baking.
- Parchment paper: — prevents the dense batter from sticking and makes removing the cake effortless.

- Mixing bowls: — allows you to easily separate wet and dry ingredients for optimal blending.
- Whisk and spatula: — helps gently fold in the heavy fruit without defusing the batter’s aeration.
- Toothpick or skewer: — provides a reliable way to test the center for doneness without ruining the crumb.

Storage Instructions

Store leftover fruit cake in an airtight container in the refrigerator for up to 7 days, as its moisture content benefits from chilled storage. For longer storage, wrap individual slices tightly in plastic wrap, place them in a freezer-safe bag or container, and freeze for up to 3 months while retaining its high-protein integrity.

Recipe Details

- Preparation Time: 20 minutes
- Cooking Time: 50 minutes
- Total Time: 1 hour 10 minutes
- Servings: 10 slices
- Best Season for This Recipe: Winter
- Total Calories (Per Serving): 185 calories *(approximate estimate)*

 Ingredients

- 1 cup almond flour *(Note: Provides healthy fats and a moist, nutty base)*
- 1/2 scoop (approx. 15g) unflavored or vanilla whey/plant protein powder *(Note:*

Boosts the protein count)

- 1/4 cup coconut flour *(Note: Highly absorbent; do not substitute equally for almond flour)*
- 1/3 cup granulated erythritol or monk fruit sweetener *(Note: Keeps the recipe low-carb and sugar-free)*
- 1 tsp baking powder
- 1.5 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1/4 tsp salt
- 3 large eggs *(Note: Room temperature works best for binding)*
- 1/4 cup unsweetened almond milk *(Note: Adjusts batter consistency)*
- 1/4 cup plain non-fat Greek yogurt *(Note: Adds essential moisture and extra protein)*
- 1 tsp vanilla extract
- 1/2 cup mixed chopped dried fruits *(such as raisins, cranberries, and apricots – look for no-added-sugar varieties)*
- 1/4 cup chopped walnuts or pecans *(Optional for crunch)*

Directions

1. Preheat and Prepare: Preheat your oven to 325°F (165°C). Line an 8×4-inch loaf pan with parchment paper, leaving an overhang on the sides for easy removal, and

lightly spray with cooking oil.

2. Mix Dry Ingredients: In a large mixing bowl, whisk together the almond flour, protein powder, coconut flour, sweetener, baking powder, cinnamon, nutmeg, cloves, and salt until thoroughly combined and free of lumps.

3. Combine Wet Ingredients: In a separate medium bowl, whisk together the eggs, almond milk, Greek yogurt, and vanilla extract until smooth and creamy.

4. Combine Batters: Pour the wet ingredient mixture into the dry ingredient bowl. Gently fold them together using a spatula until a thick batter forms, taking care not to overmix to keep the texture tender.

5. Fold in Fruit and Nuts: Gently fold in the chopped dried fruits and nuts, ensuring they are evenly distributed throughout the high-protein batter.

6. Bake: Pour the batter into your prepared loaf pan and smooth the top. Bake at 325°F (165°C) for 45 to 50 minutes, or until the top is golden brown and a toothpick inserted into the center comes out clean or with a few moist crumbs.

7. Cool: Remove from the oven and let the cake cool completely in the pan for 15 minutes before transferring it to a wire rack to cool completely. Slice and enjoy!

Nutrition Facts (Per Serving – Approximate)

- Calories: 185 kcal
- Fats: 11g
- Cholesterol: 60mg
- Sodium: 180mg
- Potassium: 145mg
- Total Carbohydrates: 12g

- Fiber: 4g
- Net Carbs: 8g
- Sugars: 5g *(naturally occurring from fruit)*
- Protein: 9g
- Calcium: 75mg

Notes

- Storage Tips: Keep refrigerated in an airtight container for up to one week to maintain maximum freshness and moisture.
- Reheating Instructions: Microwave a slice for 10–15 seconds to enjoy warm, or let it come to room temperature before serving.
- Allergy Notes: Contains tree nuts (almonds, walnuts/pecans) and eggs. Can be made dairy-free by using dairy-free yogurt and plant-based protein powder.
- Flavor Boosts: Add a splash of orange zest to the wet ingredients for an extra citrusy, festive aroma.