

HORMONE REPLACEMENT THERAPY

(HRT) CAKE

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Introduction

The following recipe contains specific natural ingredients, for female hormone replacement, that can be combined into a delicious cake. The ingredients used - pumpkin seeds, sunflower seeds, and soya - are rich in phytoestrogens, which are natural plant elements that mimic female hormones.

One slice a day is recommended as a good source of natural phytoestrogens and omega fatty acids and the ingredients will make a 6 to 8 serving cake.

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Ingredients

- 350-375 ml soya milk with added calcium
- 100g Mixed fruit (dried)
- 50g Cranberries (dried)
- 100g Porridge oats
- 50g Soya Flour
- 50g Whole-Wheat Flour
- 50g Linseeds
- 25g Almonds (flaked)
- 25g Pumpkin Seeds
- 25g Sesame Seeds
- 25g Sunflower Seeds
- 1 tablespoon malt extract

- 1 level teaspoon baking powder
- 1/2 teaspoon mixed spice

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Method

1. Mix together all the dry ingredients.
2. Soak all the fruit in a little of the soya milk to hydrate and plump them up.
3. Quickly combine the ingredients and the soya milk until it forms a mixture like a Christmas cake. Add additional soya milk if the mixture is too stiff.
4. Put the mixture into a greased and lined loaf tin and bake for 1 hour at 190 Deg C.
5. When baked, allow to cool in the tin and serve sliced with a little butter.

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Alternative

Omit the cranberries and spice, and instead add ground ginger and a couple of pieces of chopped stem ginger.

Reduce the soya milk by 50 ml and use fresh orange juice to soak all the fruit, and then add some grated orange peel to the mixture.

End

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