



Passion Fruit Farms

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Fig Facts

Figs = Ficus Carica



Fat free

Sodium free

Cholesterol free

Highest content of minerals

Calcium content highest only second to oranges

More fiber than any other fruit

Fresh Fig Cake

Ingredients

1/2 cup Butter

1 cup Sugar

1/2 teaspoon Vanilla

1/2 teaspoon Salt

2 Eggs

2 teaspoons Sour Cream

1 teaspoon Baking Soda

1 teaspoon Baking Powder

2 cups Flour

1 cup Fresh Figs (Best if using overripe Black Mission or Kadota Figs)

In a bowl combine butter and sugar, salt and vanilla until creamed. Add eggs and beat well. Add sour cream soda, baking powder. Slowly sift in flour until all ingredients are combined. Figs should be peeled of all stem and outside skin and mashed together, then added to batter and well mixed. Pour into 9x13 glass pan sprayed with all purpose cooking spray. Bake for 45 minutes or until knife comes out clean.

Frost with Confectioner's sugar icing.

Top with fresh fig slice and serve.

Enjoy!

