**MY CULTURAL HERITAGE: FAMILY AND TRADITIONAL RECIPES**

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| **Name of the recipe:** | Bolo de Frutos Silvestres (Red fruits cake) |
| **Author:** | Bebiana |
| **Origin:** | Porto, Portugal |
| **Characteristics:** | It is a cake that doesn’t contain a lot of calories because it doesn’t consume sugar. |
| **Who created it?** | Manuel (my grandfather) |
| **Why is it special?** | Because it was my grandfather who created it. |
| **When do I eat it?** | Mainly on Sundays. |
| **Ingredients:** | 2 teacups of flour  4 eggs  1 soup spoon of yeast  a pinch of salt  ½ cups of tea of oil  5 strawberries  5 blueberries  5 currants  5 raspberries |
| **Preparation:** | 1. Put the fruits, eggs and oil in a blender until it starts getting liquid. 2. Mix it the flour with the yeast in a bowl, pour the mixture into it and beat everything together very well. 3. Place in a greased rectangular pan and bake in a medium oven (180ºC), preheated, for 40 minutes. 4. Top with fresh fruits. |
| **Servings:** | 8 people |
| **Cooking time:** | 40 minutes |
| **Picture:** | Uma imagem com bolo, prato, chocolate, mesa  Descrição gerada automaticamente |