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PALEO APPLE CAKE



INGREDIENTS:

- 2 Cups Almond, Coconut or other Paleo Flour
- 1 tsp. baking powder
- 1 tsp Baking Soda
- ¼ tsp sea salt
- ½ tsp ground cinnamon
- 1/8 tsp. ground nutmeg
- 1/8 tsp ground cloves
- 2 cups diced apples, steamed until soft
- Juice from 1 tsp of fresh grated ginger (grate and put in a garlic press) OR 1/8 ground ginger
- ¼ cup chopped or ground tamari almonds (use a coffee grinder or food processor)
- 1/3 cup safflower or coconut oil
- 2 tsp maple syrup or honey

Cashew Crème Frosting:

2 cups soaked cashews

1 tsp lemon juice

Grated lemon peel

1 tsp. vanilla extract

½ cup maple syrup

Directions:

1. PRE-HEAT OVEN TO 350 DEGREES
2. GREASE AN 8X8 PAN (I PREFER GLASS) WITH SAFFLOWER OIL OR GRASS-FED BUTTER
3. SLICE AND STEAM APPLES
4. SIFT TOGETHER THE DRY INGREDIENTS IN A MEDIUM BOWL, SET ASIDE
5. IN A LARGE BOWL COMBINE REMAINING INGREDIENTS. STIR IN DRY INGREDIENTS AND FOLD IN APPLES
6. BAKE FOR 40-45 MINUTES @350 DEGREES OR UNTIL TOOTHPICK COMES OUT CLEAN