



CINNAMON CAKE

ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 15 mins

Cook time: 30 mins

Serves: 8

INGREDIENTS **CAKE**

- 4 eggs, separated
- 1/4 cup coconut oil
- 1 tbsp honey
- 1 tsp natvia
- 1 tsp vanilla
- 1 tsp baking soda
- 2 tsp cinnamon
- 1/4 cup coconut flour
- 1/4 cup almond meal
- 1 tbsp coconut yoghurt
- Pinch salt

METHOD

- Preset oven to 180°.
- Grease and line a loaf tin with baking paper,
- Beat egg whites in bowl until stiff. Set aside.
- Beat egg yolks, coconut oil and honey together, then add natvia, vanilla, baking soda, cinnamon and salt and mix well.
- Add coconut flour, almond meal and yoghurt and stir until combined.
- Fold egg white mixture into batter.
- Pour mixture into loaf pan.
- Place topping almonds into blender and chop coarsely.
- Add all other topping ingredients and pulse until combined.
- Spread topping mixture over cake mixture in loaf tin.
- Bake 30 mins, or until skewer comes out clean when inserted.
- Let cool in tin for 10 mins before turning out onto a wire cake rack,
- Delicious served warm with my coconut milk yoghurt.



TOPPING

- 1 cup almonds
- 1/4 cup coconut oil
- 3 tbsp honey
- 2 tsp cinnamon