



## UPSIDE DOWN BERRY CAKE

### ALLERGIES:

No grains  
No dairy  
No gluten  
Low disaccharides

Prep time: 10 mins

Cook time: 50-60 mins

Serves: 8

### ♦ INGREDIENTS

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#### ♦ Cake mix

- 250g berries, fresh or frozen (thawed), I use blueberries to ensure low disaccharides
- 50g honey
- 220 grams almonds
- 1/2 tsp carb soda
- 3 eggs
- pinch of salt



#### ♦ Topping

- 50g almonds
- 20g desiccated coconut
- peel of 1 lime

### METHOD

- Preheat oven to 170°C.
- Line a 20cm / 8" spring loaded cake tin with baking paper.
- Place berries evenly on base of prepared cake tin and set aside.
- Place topping ingredients into blender, and grind until fine.
- Scrape sides down and set aside.
- Place almonds into blender and grind until fine.
- Add all other ingredients and blend together.
- Pour into cake tin, over berries and bake for 50-60 mins.
- Remove from oven and allow to cool in tin for 10 mins.
- Turn cake upside down onto plate.
- **SERVE:** Slice and serve with coconut yoghurt and sprinkle topping over.
- Topping can be sprinkled onto cake before serving with a dollop of coconut cream.