



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 20 mins

Cook time: 40 mins

Serves: 8

INGREDIENTS

- 4 stalks rhubarb
- 1 cup blueberries (fresh or frozen)
- 4 eggs
- 3/4 cup coconut milk or cream (canned)
- 1/4 cup honey
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 tsp baking soda
- 1/2 cup coconut flour



METHOD

- Preset oven to 180°C (350°F).
- Line 22cm (9") spring loaded cake tin with baking paper, then grease.
- Cut rhubarb into lengths that fit across the base of the cake tin, and lay pieces alongside each other to cover the base.
- Sprinkle blueberries over the top evenly.
- In a bowl mix eggs, coconut milk, honey and vanilla together.
- In another bowl, mix salt, baking powder and coconut flour.
- Pour wet ingredients into dry, and mix until smooth.
- Pour mixture over the fruit base.
- Bake for 30-40 minutes, laying foil on top if browning too quickly.
- When cooked, (test by inserting skewer into cake and checking it comes out clean), remove from oven, and stand for 10-15 minutes before removing from tin and cooling on wire cake rack.
- Lovely served with yoghurt.