



APPLE CAKE DESSERT

ALLERGIES:

No grains
No dairy
No gluten
No nuts

Prep time: 20 mins

Cook time: 20 mins

Serves: 6-8

INGREDIENTS

- 3 large apples, peeled, cored and thinly sliced
- 1 tbsp dextrose powder
- 6 eggs
- ½ cup coconut oil
- ½ cup rice malt syrup or honey
- 1 tsp vanilla essence
- 1 tbsp lemon juice
- ¾ cup coconut flour
- ¼ cup tapioca starch
- 1 tsp all spice
- 1 tsp baking powder
- 1 tsp baking soda
- Pinch pink salt

METHOD

- Preheat oven to 180°C
- Heat coconut oil in frying pan and fry apples on medium high until browning.
- Remove and lay evenly on base of ovenproof baking dish, sprinkle with dextrose.
- In mixer add eggs, coconut oil, rice malt syrup, vanilla and lemon juice and beat.
- Add remaining ingredients (except apples), and beat until smooth.
- Spread mixture over apples and bake in oven for 20 minutes until cooked.
- Remove from oven and flip cake upside-down onto flat plate.
- Serve with coconut yoghurt, and sprinkle with cinnamon.

