



ALLERGIES:

No grains
No dairy
No gluten

Prep time: 15 mins

Cook time: 40-45 mins

Serves: 10-12

INGREDIENTS

- **CAKE**
- 6 eggs
- ½ cup cooked, mashed zucchini
- 2 tbsp rice malt syrup, or honey
- 3 tbsp coconut oil
- 2 tsp vanilla extract
- ¾ cup coconut flour
- 2 tbsp vanilla protein powder (see note)
- 2 tsp baking soda
- 1 tbsp cinnamon
- pinch pink salt

METHOD

- Preset oven to 180°C (350°F) and line 20cm x 20cm ovenproof dish.
- In a bowl, beat eggs, zucchini, rice malt syrup, coconut oil and vanilla until smooth.
- In a separate bowl, mix coconut flour, protein powder, baking soda, cinnamon and salt.
- Add wet to dry ingredients and mix well to combine.
- Spread into baking dish evenly.
- Combine all topping ingredients and mix well.
- Spread evenly over the cake mixture, but do not smooth top.
- Bake in prepared 40-45 minutes until cooked and top browning.
- Cool on wire rack.

NOTE :I use **Nutra Organics, Clean Protein, Exotic Vanilla** which gives a lovely taste to the cake, as well as boosting my protein intake.

CINNAMON AND PECAN CAKE



- **TOPPING**
- 1 cup chopped pecans
- ½ cup ground almonds
- 1 tsp cinnamon
- 2 tbsp rice malt syrup
- 3 tbsp coconut oil
- 2 chopped dried figs