



ALLERGIES:

No grains
No dairy
No gluten

Prep time: 20 mins

Cook time: 30 mins

Serves: 8-10

INGREDIENTS

- 3/4 cup pineapple pieces
- 1/3 cup melted coconut oil
- 2 cups almond flour
- 2 tbsp coconut flour
- 1/2 cup arrowroot
- 1 tsp baking soda
- 2 tsp ground cinnamon
- Small pinch nutmeg
- Pinch pink rock salt
- 1/2 cup rice malt syrup

METHOD

- Blend pineapple pieces until smooth, and liquified.
- Preheat oven to 180°C and line the base of two x 20cm cake tins with baking paper.
- Sift all flours, arrowroot, baking soda, cinnamon, nutmeg and salt into a large bowl.
- Stir well and add pineapple puree and coconut oil and mix well.
- Add the remainder of the cake ingredients and stir to combine.
- Pour batter equally into the cake tins, and tap cake tins onto the bench.
- Bake for 30 minutes, or until a skewer comes out clean.
- When cool, spread coconut cream between layers and over the top and sides.
- Decorate with walnuts or pecans (optional, avoid allergies)
- ***Frosting:*** Take cream only from the chilled cans, and add to other ingredients.
- Beat gently, increasing speed slowly, until the right texture is achieved.
- ***Note:*** Use a whipping attachment or beaters, ***NOT*** a food processor.

HUMMINGBIRD CAKE



- 1/4 cup coconut flakes
- 3 eggs (not chilled)
- 2 large bananas, mashed
- 1 1/2 tsp vanilla extract
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- **FROSTING**
- 2 cans chilled coconut milk/cream
- 3-6 stevia drops
- 1 tsp vanilla extract
- Chopped walnuts, optional