



SPICED APPLE CAKE GLUTEN FREE & VEGAN

This recipe came from my dear friend Tracey, owner and tutor at <https://theoldkennels.co.uk> - An amazing course venue where I also teach in Devon, UK. It is versatile and delicious - A bit like Tracey herself!!

Ingredients

115g dairy free spread
115g raw sugar (I used a mixture of Demerara and soft brown sugar)
450g chopped apples (I used Fuji apples)
170g sultanas (I soaked mine overnight to really plump them up)
2 tsp sodium bicarb
225g spelt/almond/oat/manioca flour (I used half almond and half oat)
1 tsp cinnamon
1/2 tsp salt

Method

- Cream together the sugar and the spread until light and fluffy
- Then add the chopped apples and sultanas and mix together
- Mix the sodium bicarb with the flour making sure it is blended well
- Add the flour/bicarb mixture to the creamed mixture, blend in the cinnamon and salt
- pour into a lined tin and cook for 45 minutes to 1 hour - 180°C (less if you put the mixture into muffin tins)
- Leave to cool
- Can decorate with extra fruit and flaked almonds or make a simple glacé icing and drizzle it over the top

Notes

This cake is so simple and lovely, I serve it with good quality vanilla ice cream but for the vegan option used soy cream, equally delicious.

Try substituting chopped apricots for the sultanas, swapping almond essence for the cinnamon and sprinkling flaked almonds on top before cooking – makes a stunning apricot and almond cake!

Try this out with any gluten free flours you may have.