

FRESH FIG CAKE



The Goodies List ☺

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| 3/4 cup almond meal | 1/3 cup tapioca flour |
| 1 tsp bi-carb | 1/2 tsp nutmeg, ground |
| 1 tsp ginger, ground | 1 1/2 tblsp cinnamon, ground |
| 1 cup walnuts, smashed | 3 very ripe bananas, mashed |
| 6 fresh figs, 4 of them cut into chunks and 2 quartered, to decorate the top | |
| 3 eggs | 1/4 cup coconut oil |
| 2 tblsp Birch Xylitol (or sweetener of your choice) | |

Always Bring Your Joy and Passion to Create ☺

Place all dry ingredients in one bowl. In a second bowl whisk the eggs. Mash the bananas. Add eggs, bananas and coconut oil to the dry ingredients and stir to combine well. Pour into lined 20cm round cake tin. Place the 2 quartered figs on the top in a decorative manner of your choosing. Bake at approx. 170 degrees for around 30 minutes. You will see the top becomes quite golden from the natural juices of the fig. Allow to cool in the tin before turning onto wire rack to completely cool. Absolutely Delish☺

NOTE: My bananas were very ripe. When they are like this I find them quite sweet, so I don't too much additional sweetener. Adjust accordingly for your tastebuds!

