

APRICOT & CARDAMOM CAKE



The Goodies List ☺

1 cup apricots, soaked in water – I soaked mine for about 6 hours

1 heaped cup hazelnut meal

1/2 cup sunflower seeds

2 heaped tblsp tapioca flour

2 tblsp sesame seeds

1/2 tsp baking powder

1/4 cup shredded coconut

1 tsp ground cardamom

12 almonds, roughly chopped

3 eggs, I always use organic

2 tblsp apricot jam – I use the St Dalfour brand which has no added sugar. You can get this in the 'spreads' aisle at Coles and Woolworths. They have a range of jams to choose from.

Always Bring Your Joy and Passion to Create ☺

You need 2 bowls. In one bowl combine the soaked apricots, hazelnut meal, tapioca flour, baking powder, cardamom, sunflower seeds, sesame seeds, shredded coconut and almonds. In the second bowl whisk the eggs and then combine wet ingredients with dry. You may need to add a little water to get the mixture to a 'pouring' consistency without being overly runny. I added about 4 tbsps of water.

Bake in medium-size square baking tin, lined at approx. 180 degrees for about 20 minutes. Until golden on top and firm to the touch. You'll also know by the smells coming from your kitchen! Remove from the oven. Leave in tin. Now warm the apricot jam in a small saucepan on the stove top. Once warmed through and of spreading consistency, use a pastry brush and brush the jam over the top of the warm cake. Allow to cool in tin. Cuts into approx. 16 squares. Enjoy ☺



Clean, Healthy & Wholesome – Gold Medal Baking ☺