



Spiced Apple Almond Cake (Gluten Free)

{ gluten-free, substitution for refined sugar free version }

Recipe makes one 8"-10" round cake.

- **Almond Flour:** For cakes, baked goods, pancakes etc, you should always use almond flour that is blanched (no brown bits / skin) and finely-ground. I use either Bob's Red Mill Super Fine Blanched Almond Flour or JK Gourmet Very Fine Ground Almond Flour. I believe Costco also sells a reasonably priced one under their Kirkland brand.
- **Make in Advance:** The cake can be made a day ahead (kept well-wrapped at room temperature) and reheated in a 325f oven for 10-15 minutes. It tastes just like fresh-baked!

INGREDIENTS

For the cake:

1/2 C (114g) unsalted butter preferably grass-fed organic, softened at room temperature 1 hr

2 medium sized apples (about 325g)

1/2 C (115g) **raw** granulated cane sugar or 1/2 C (92g) regular granulated sugar or sub 1/2 C (92g) of packed coconut sugar for refined sugar free

2/3 C (65g) finely ground blanched almond flour (see headnotes)

1/3 C (45g) gluten-free flour blend (I use Bob's Red Mill Gluten-Free 1-to-1 Baking Flour)

1 tsp baking powder

2 tbsp ground cinnamon

1/2 tsp ground nutmeg

1/2 tsp ground cardamom

1/4 tsp allspice

1/8 tsp salt



2 large eggs, separated

1 tsp pure vanilla extract

For topping:

1 tbsp sliced almonds

Optional dusting of organic powdered sugar (omit for refined sugar free)

METHOD

Preheat oven to 325f. Take out your 8", 9" or 10" cake pan. Grease the pan lightly with butter or oil.

Whisk the flours, baking powder, all the spices and salt together and set aside.

Prep the apples. One apple should be peeled and diced into small 1/3" pieces. These will go into the batter. The other apple should be halved (you can leave or remove peel, up to you), cored and cut into very paper thin slices. The slices will be spread on top of the cake before baking. Set aside.

Separate the eggs, placing the whites in the bowl of a stand mixer and the yolks in a separate small bowl. Whisk the whites on high (8 on stand mixer) until soft peaks form, about 3 minutes. Scoop them out and set aside.

Replace the whisk attachment with the paddle attachment. Place the softened butter and sugar into the stand mixer bowl and cream them on medium speed (3 or 4) until light and fluffy, about 3-5 minutes. Add the yolks and beat one minute more. Pour the dry flour/spice ingredients into the bowl and beat until just barely combined. Fold in diced apples. Now gently fold in the egg whites, stopping just short of a few white streaks.

Scoop batter into your greased baking pan. Arrange sliced apples on top. Sprinkle sliced almonds.

Bake 50-60 minutes, or until a skewer pierced into the middle emerges with just a few crumbs. Cool and serve with a dusting of powdered sugar if you like (or omit for refined sugar free). Enjoy! xx