

CLEAN & TASTY

APPLE CINNAMON TEA CAKE

<i>Serving</i>	<i>Time</i>	<i>Level</i>
multiple	45 mins	moderate

INGREDIENTS

- 2 c blanched almond flour
- ½ c + 2 T potato starch
- ½ t fine sea salt
- 2 t aluminum-free double-acting baking powder
- ½ c + 2 T pure maple syrup
- 2 small to medium apples, washed and unpeeled
- ¼ c water
- 2 t apple cider vinegar
- 1 T vanilla extract
- 1 T ground flaxseed
- ½ T ground cinnamon
- 1 t baking soda

DIRECTIONS

- Preheat your oven to 350 degrees. Prepare your 9 inch pan by lightly brushing it with oil and lining it with unbleached parchment paper. I cut the circle first from outlining the bottom of the pain and then cut the strips to put on the sides of the pan.
- Use a whisk to fluff the almond flour to break up any lumps in a large bowl. Add the potato starch, baking powder, baking soda, cinnamon and salt and combine well.
- In a blender, add 2 small unpeeled, but washed fugi apples or some other sweet variety with 1 T of water to stimulate mixing until it is an applesauce. While still mixing, add 1T ground flaxseeds and 2T water about 2-3 minutes. Add in vanilla, maple syrup, apple cider vinegar and a pinch of salt and continue to mix about 1 minute.

APPLE CINNAMON TEA CAKE



Alternatively, you can use pre-made unsweetened apple sauce, but the whole apples work very well.

Pour wet ingredients over the dry ingredients slowly while whisking it in. Now use a handheld mixer for one minute or so more until smooth.

Pour the batter into your prepared pan and carefully place sliced apples on cake in a circular pattern overlapping each slice. Bake on the middle rack for 45 minutes, until it has risen with a light golden top and a knife or toothpick comes out clean from the center. Allow it to completely cool before removing from the pan about 30 minutes or overnight.

Transfer to a cake plate keeping the apple side on top.



INGREDIENTS

APPLE SYRUP

- 2 apples, washed and unpeeled
- 2 c water
- 1 T vanilla
- 1 t almond extract
- 1 t cinnamon
- juice of ½ lemon
- Pinch of salt
- 1½ T non GMO cornstarch

DIRECTIONS

- Store it in the fridge and it will remain amazingly moist, it will just get a bit firmer.

MAKE APPLE SYRUP

Bring water to a soft boil and add apples, cinnamon, lemon vanilla, almond extract and salt and continue to boil to thicken. Add nonGMO cornstarch to thicken. Turn down heat and allow to simmer for 15-20 minutes.

