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Apple & Raspberry Upside Down Cake

This is a great cake to make for a special occasion or can be even used for a dessert with some organic cream on the side. With no gluten and sugar free – no-one will believe it is good for you!

Ingredients

2 cups almond meal
½ cup arrowroot or tapioca flour
2 heaped teaspoons of baking powder
1 organic apple
Small handful of frozen or fresh raspberries
3 free range eggs
80g butter melted
1/3 cup honey or maple syrup
1-2 teaspoons natural vanilla essence

Method

Preheat oven to 180 C

Mix almond meal, arrowroot and baking powder together in a large bowl until well combined.

Peel and slice apple into thin wedges. Line a round cake tin with baking paper and arrange apple on the bottom in a uniform pattern. Crumble raspberries over and in between the apples until well covered.

Melt butter over gentle heat in small saucepan and remove from heat. Add honey and vanilla and mix to combine. Add eggs to butter & honey and whisk with electric mixer or by hand until light and frothy.

Mix egg mixture into the dry ingredients and stir gently until well combined. Pour mixture over apples and raspberries and place in oven.

Cook cake at 180 C for around 30 minutes. Allow to cool slightly then run knife around edge of pan and invert onto a cake cooler.

Remove the baking paper from the cake to reveal the apple and raspberry top. Can be eaten warm or allowed to cool. Store in fridge if keeping for more than a day or so.

