

# Apple Cake

Makes 1 cake, 20 cm (8 inch) diametre.  
Serves 6-8.

## Ingredients:

- 5 medium apples (about 750 g, I used Galas)
- 3 eggs, room temperature
- 100 g (2/3 cup) super fine coconut sugar
- 150 mL (5 oz) milk
- 30 g (2 tbsp) butter, melted and cooled
- 120 g (3/4 cup) gluten free flour
- 1 tsp cinnamon
- Pinch of salt
- 50 g (1/2 cup) slivered almonds, toasted



## Directions:

1. Preheat the oven to 350° F (170° C).
2. Line the bottom of a 20 cm (8 inch) round cake pan with parchment and spray generously with non-stick spray.
3. Prepare a bowl with cold water and 2 tbsp lemon juice, set aside.
4. Peel the apples and slice very thinly using a mandoline. Immerse the slices into the cold lemony water.
5. Combine the eggs and sugar and beat until thick. Add the milk and melted butter and beat until well combined.
6. Sift the flour, cinnamon and salt and add to the wet ingredients. Beat just until combined and lumps are gone.
7. Drain the sliced apples and dry slightly. Fold the apple slices into the batter to coat well.
8. Pour into the prepared pan and bake uncovered for 50-55 minutes or when a cake tester comes out clean.
9. Cool completely before serving.

## **Ingredients for Salted Caramel Sauce**

- Makes 200 mL (3/4 cup) caramel sauce
- 90 g (3/4 cup) coconut sugar
- 1/4 tsp lemon juice
- 5 mL (1 tsp) water
- Good pinch of sea salt
- 125 mL (1/2 cup) 18% cream
- 20 g (heaping tbsp) butter

## **Directions:**

1. Heat cream and salt in a microwave proof container until very hot but not boiling, set aside.
2. Combine coconut sugar, lemon juice and water in a microwave safe container and mix well (I used a 250 mL (2 cup) glass measuring cup).
3. Microwave for 1-3 minutes in 15-second intervals (45 seconds did it for me) until sugar bubbles up but does NOT BURN, sugar crystals should be completely dissolved and you should begin to see it turn to a darker amber colour.
4. Remove and set on a dishcloth for 30 seconds or until it reaches the colour of dark caramel.
5. Slowly pour in the hot milk, being VERY careful as this will bubble up, whisking to incorporate.
6. Stir well and then add the butter and stir until completely dissolved. Serve warm or at room temperature.