

Carob and Plum Cake - by Healing Family Eats

Vary throughout the seasons with new and different fruits, but know that the juicier ones will yield the best results. I'm thinking the likes of apricots and ripe pears.

(Serves 8+)

9-10 fresh prune plums, halved lengthways (stones discarded)

1 cup canned [pumpkin purée](#)

1/2 cup melted [coconut oil](#)

2 tbsp [blackstrap molasses](#)

1 tbsp [honey](#)

generous pinch crushed [Maldon salt](#)

1 cup [tigernut flour](#)

2 tbsp [coconut flour](#) (optional) *

4 tbsp [carob powder](#)

1+1/4 tsp [baking soda](#)

2 gelatin eggs, as follows

for the 2 gelatin eggs -

2 tbsp [grass-fed gelatin](#)

1 tbsp lemon juice

3 tbsp just boiled water

Place a baking sheet into the oven and preheat to 350F. Line a 7.5 inch square cake with parchment paper and arrange the plum halves on the base, alternating between cut side up, cut side down.

Put the pumpkin purée, coconut oil, molasses, honey and salt into a bowl and, using a stand or handheld mixer, combine thoroughly. Tip in the flours, carob and baking soda and mix again until combined.

Next, make the gelatin eggs. Put the gelatin into a small bowl and put the lemon juice and boiled water into another. Now pour the liquid into the gelatin, whisking quickly until melted and the mixture looks frothy. With the motor running, pour the gelatin eggs into the bowl and whizz again just for a couple of seconds or so, to fully incorporate.

Spoon the mixture over the plums, level the top and cook for 50 minutes or until firm to the touch. Allow to cool in the tin for 10 minutes, before turning out onto a serving plate.

* Note the coconut flour gives the cake a little more substance, however if you want to eat it as a more than fabulous pudding (move over sticky toffee pudding, we have no need for you now), you can omit this. There's no harm in omitting it anyway, it will just be more cake-like with the coconut.

