

# Cranberry Date Upside Down Cake

by Healing Family Eats  
Serves 8

6 medjool dates  
1 cup canned pumpkin purée  
1/2 cup melted coconut oil  
1 tbsp blackstrap molasses  
1+1/2 cups Tigernut flour  
1/2 tsp cinnamon  
1+1/4 tsp baking soda  
generous pinch sea salt  
1+1/2 cups cranberries (fresh or frozen)  
2 gelatin eggs, as follows

for the 2 gelatin eggs –  
2 tbsp grass-fed gelatin  
1 tsp apple cider vinegar  
3 tbsp just boiled water (or see instructions)



Discard the stones from the dates and roughly chop them. Put into a bowl and cover with 1/2 cup boiling water. Leave to stand for 30 minutes.

Place a baking sheet into the oven and preheat to 350F. Line a 8 x 2 inch round cake pan with parchment paper and tip the cranberries into the base.

Drain the softened dates, keeping the liquid for later use. Mash the dates down with a fork into a paste.

Put the pumpkin purée, coconut oil, molasses and puréed dates into the bowl of a stand or handheld mixer, and combine thoroughly. Tip in the tigernut flour, baking soda and salt, and mix again until combined.

Next, make the gelatin eggs. Reheat the date water in a small pan and pour 3 tbsp into a small bowl, together with the apple cider vinegar. Put the gelatin into a separate small bowl. 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 cake mixture and whizz again just for a couple of seconds or so, to fully incorporate.

Spoon the mixture over the cranberries and level with a palette knife, or similar. Cook for an hour or until the cake is firm to the touch and the sides are coming away from the parchment paper. Allow to cool in the tin for 15 minutes, before inverting onto a serving plate.