

Peach and Lavender Cake

by Healing Family Eats

Prep time: 25 minutes

Cook time: 40 minutes

Serves: 8-10

3 large ripe peaches
2 tbsp honey
1/3 cup ghee (*use coconut oil or lard for AIP*) + extra to grease tin
1 medium banana, mashed
2 large eggs (*or gelatin eggs for AIP, see below*)
1/4 cup coconut milk
2 teaspoons lavender flowers, unsprayed or food grade if dried
1/2 cup coconut flour
1/4 cup arrowroot
1/2 teaspoon baking soda
generous pinch himalayan pink salt

For AIP egg replacement -
2 tablespoons grass-fed gelatin
1 teaspoon apple cider vinegar
4 tablespoons hot water

Put a baking sheet into the oven and preheat to 350F. Generously grease an 8 x 2 inch round cake tin.

Slice the peaches and arrange in concentric circles in the bottom of the cake tin.

Put the honey, ghee (*coconut oil for AIP*), banana into a mixing bowl and combine well. Add the eggs, one at a time, beating well between additions (*see below for adding the gelatin eggs for AIP*). Pour in the coconut milk and mix again.

Now add the dried ingredients and mix to combine.

For AIP only: Put the gelatin into a small bowl, and the apple cider vinegar and hot water into another. Pour the liquid ingredients over the gelatin and whisk till frothy and incorporated. With the motor running, pour the gelatin eggs into the cake mixture and combine well.

Spoon the mixture in dollops over the peaches, being careful not to disturb the arrangement. Using an angled palette knife, smooth over the top.



Bake for 40 minutes (*55 minutes for AIP*) until golden brown, firm to the touch and the cake is starting to come away from the sides of the cake tin.

Leave in the tin for 15 minutes (*30 minutes or more for AIP*), then turn out onto a large serving plate.

Serve warm as a pudding, or cold as a cake. This is delicious with a spoonful of coconut yoghurt.