

# Roasted Rosemary Butternut Cake

by Healing Family Eats

Prep time: 30 minutes

Cook time: 1 hr 45 minutes

Serves: 12

## SQUASH

1 tbsp lard

1+3/4 lb butternut squash, peeled and cubed  
(this will give you 1+1/2 lb)

2 tbsp finely chopped fresh rosemary

## CAKE

1/2 cup lard

pinch sea salt

1/4 cup maple syrup

1/4 cup honey

1 cup coconut flour

1+1/2 tsp baking soda

2 gelatin eggs (recipe follows)

2 tbsp gelatin

1 tsp apple cider vinegar

4 tbsp just boiled water

Preheat oven to 400F.

To prepare the squash, heat the lard in a large baking tray. Add the squash and rosemary, mix well so that the squash pieces are well coated, then place into the oven for 30 minutes, turning mid way. Make sure the squash doesn't burn or your cake may have a bitter taste.

Remove the squash, scraping up all the rosemary, and put into a food processor with the 'S' blade. Purée until smooth, then remove onto a large plate to cool down completely. This can be done up to 3 days in advance and refrigerated in a covered container, until you're ready to make your cake.



To make the cake place a baking tray into the oven and preheat to 350F. Line the base and sides of an 8 x 2 inch round cake tin with parchment paper. Put the squash purée, salt, lard, maple syrup and honey into a bowl and, using a stand or handheld mixer, combine thoroughly. The mixture will probably look a bit 'splitty' at this point but don't worry, this is fine. Sift in the coconut flour and baking soda and mix again until combined.

To make the gelatin eggs put the gelatin into a small bowl and the liquids into another. Pour the liquid over the gelatin and whisk quickly until the gelatin has melted and the mixture looks frothy. With the motor running, pour into the bowl and whizz again for a few seconds to fully incorporate.

Spoon the mixture into the prepared tin, level the surface and place onto the hot baking tray. Cook for about 1hr + 10-15 minutes until browned and fairly firm to the touch in the centre (it will firm more on cooling). Allow to cool completely in the tin.

For best results, the cake should be put in an air tight container overnight to firm completely. If you cut into it too soon, it may crumble.