

Raspberry, Olive Oil and Yogurt Cake with Rose Cardamom Syrup

by Healing Family Eats

Prep time: 20 minutes

Cook time: 60 minutes

Makes 1, 9x4 inch loaf cake

Rose Cardamom Syrup -

1/4 cup honey

1 tbsp dried rose petals

8 green cardamom pods, lightly crushed (Stage 1 reintro, optional)

2 tsp rose water

Cake -

1/2 cup tigernut flour

1/2 cup coconut flour

1 tsp baking soda

generous pinch Himalayan pink salt

3 large eggs (Stage 2 reintro) **

1/2 cup extra virgin olive oil

1 tbsp honey

1 tsp vanilla extract

1/2 cup coconut yogurt

1 cup raspberries

** AIP Modifications -

2 tbsp grass-fed gelatin

4 tbsp hot water

Preheat the oven to 350F. Line a 9x4 inch loaf tin with parchment paper.

Make the syrup. Put the honey and water into a medium pan on a medium heat and bring up to a simmer while stirring. Throw in the rose petals and cardamom pods (if using) and simmer for 8-10 minutes until syrupy. Remove from the heat and set aside to cool. Push through a sieve and stir in the rose water.

Put the dry ingredients into a medium bowl. Mix the olive oil, honey, vanilla extract and eggs in a separate large bowl. Whisk until frothy. Mix in the yogurt and stir to combine. Fold in the dry ingredients until almost combined, then add the raspberries and fold until the mixture is completely combined.

Pour the cake batter into the loaf tin and place on the baking sheet. Cook for 45-50 minutes until risen and golden brown on the top.



When the cake is ready, remove from the oven and pierce the top several times with a cocktail stick, and slowly pour the syrup evenly over the cake, using a pastry brush or small spoon to help guide it into the holes. Allow the cake to cool in the tin for 15 minutes. Remove from the tin and set on a wire rack. Serve warm or cold.

**** Making the AIP version? - Follow these instructions after incorporating the flour.**

Replace the eggs with gelatin "eggs". Put the gelatin into a small bowl. Put the hot water into another small bowl. Whisk the water into the gelatin and mix quickly until frothy and thoroughly combined. With the motor running, add this to the cake mixture and mix on a medium-high speed until completely incorporated. Briefly whizz in the raspberries, being careful not to break them up too much. Note: You'll get better results using a mixer for the AIP version. Cook for 55-60 minutes. Once cooked, leave in the tin for 30 minutes, then turn out and transfer to a wire rack to cool completely.