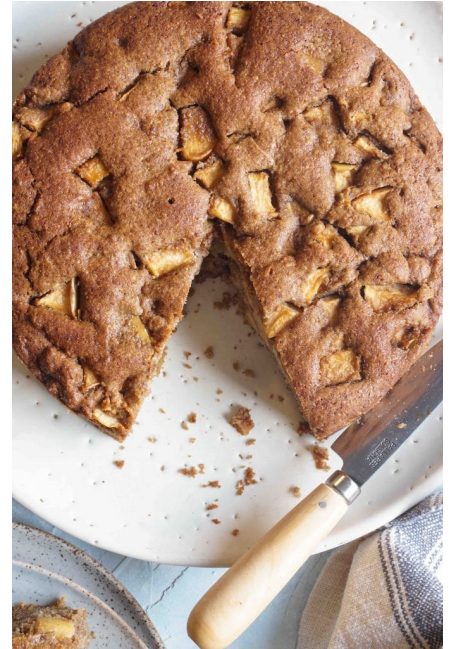


Rustic Apple Cake

- by Healing Family Eats

An moreish country-style cake that you, your family and friends will love. It uses Stage 2 reintroduction, whole eggs. See the notes on the blog post for how to convert to AIP elimination phase compliant.

3/4 cup tigernut flour
3/4 cup green banana flour
1/4 cup arrowroot flour
3/4 teaspoon baking soda
1+1/2 teaspoons cream of tartar
1/4 cup coconut sugar, with extra for topping
1/4 teaspoon ground mace
1/2 teaspoon cinnamon powder
generous pinch sea salt
3/4 cup and 2 tablespoons melted coconut oil
3 eggs at room temperature (Stage 2 reintro)
3 medium apples (1lb 10oz/750g), skin on, diced (I used fuji)



Preheat oven to 325F. Line an 8 inch cake tin with parchment paper.

Sift the flours, baking soda and cream of tartar into a large mixing bowl and add the coconut sugar, spices and salt. Add the melted coconut oil, eggs and diced apple. Beat until thoroughly combined.

Spoon the mixture into the prepared tin and smooth the top. Sprinkle with extra coconut sugar.

Bake for 50-55 minutes until firm on the top and just pulling away from the sides of the tin. Remove from the oven and set aside for 45 minutes before turning out onto a wire rack.

Allow to cool before slicing.