

PALEO APPLE CAKE

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INGREDIENTS:

2½ cups of almond flour
½ tsp baking soda
¼ tsp salt
½ tsp ground cinnamon
½ tsp vanilla
¼ cup of coconut oil
½ cup of maple syrup
3 large eggs
1 cup of peeled, cored, and chopped apples
1 tbsp of lemon juice (toss together the apples and lemon juice; set aside)

INSTRUCTIONS:

1. Preheat oven 350F.
2. Place a round piece of parchment paper at the bottom of round cake pan then lightly oil all sides with a little coconut oil.
3. Mix all the ingredients together and pour it in the prepared pan.
4. Use a spatula to spread into an even layer. The batter will be pretty thick.
5. Bake for 25-30 minutes or until the toothpick comes out clean.