

guilt-free BAKING

PHOTOGRAPHY *Chris Court*
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— Naturally sweet fruit and veg are the secret to many a gorgeous dessert, and **Teresa Cutter** knows all the tricks for creating feel-good baked treats that you'll want to make again and again.

Healthy carrot cake with yoghurt frosting (p 98)

TERESA'S KITCHEN HACK!

"Labneh is one of the easiest, most delicious cheeses you can make at home. I love to use it instead of traditional cream-style cheeses. It's also the base frosting for my carrot cake. To make labneh, strain the yoghurt in a sieve lined with muslin or a clean tea towel over a bowl in the fridge for 24 hours. You can use the leftover whey in probiotic-rich smoothies or in baking. If you can't find figs, I love to decorate this carrot cake with blackberries, blueberries or crushed roasted walnuts, which look spectacular."



GUEST CHEF

"I've used whole sweet navel oranges to make this gorgeous cake – skin and all. You simply boil them until soft, then blend them with vanilla, almond meal and honey."

Flourless orange blossom cake (p 98)

GUEST CHEF.



Eating well can be a piece of cake... literally. Just ask chef and author Teresa Cutter. And by creating cakes like the beauties you see here – all made using wholesome ingredients – you’re not just making something that’s better for you; you’ll also enjoy a wide range of naturally beautiful flavours.

“An apple cake will taste sweet, simply by using Pink Lady or Golden Delicious apples,” Cutter says. “A carrot cake can be elevated with just a hint of spice, plump raisins and a little honey.”

You can also experiment with different flours, which offer delightful new flavours and textures (as well as increased fibre).

“Try quality flours such as brown rice, khorsan, chestnut, almond, oat, spelt, rye or buckwheat,” Cutter recommends.

Herbs and spices like cinnamon, mint, nutmeg, ginger, basil and vanilla also add delicious flavour.

So get creative and try using your own favourite ingredients in your baking. Because ultimately, healthy eating should make you feel good, as well as being good for you.

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Rhubarb & honey cake (p 98)

POLISH APPLE TEA CAKE
SERVES 12

- 3 eggs
- 1/2 cup (125ml) extra virgin olive oil
- 100ml pure maple syrup
- 2 tsp vanilla extract
- 280g wholemeal spelt flour
- 3 tsp baking powder
- 1/2 tsp ground cinnamon
- 750g Pink Lady apples (with skin), finely chopped
- Double cream and dehydrated apple slices, to serve

Preheat oven to 180°C/160°C fan-forced. Grease a 20cm square cake pan and line with baking paper.

Whisk eggs, oil, maple syrup and vanilla in a large bowl. Whisk flour, baking powder and cinnamon in a medium bowl until combined. Add to egg mixture and stir until smooth. Fold in apple until well coated in the batter. Spoon into the prepared pan. Bake for 50 minutes or until a skewer inserted in the centre comes out clean. Set aside to cool. Dollop with cream and decorate with dehydrated apple to serve.

“This is a simple and extremely delicious cake. The recipe was inspired by my Polish great-aunt, and she made her spectacular apple cakes practically every weekend. My Polish apple cake is filled to the brim with finely chopped apples, and every mouthful is pure wholesome goodness.”



GUEST CHEF.

RHUBARB & HONEY CAKE

SERVES 12

“The magnificent tart flavour of rhubarb dances on the tastebuds and makes the perfect topping for this cake. Rhubarb is high in antioxidants and is wonderful for digestive health. This cake is gorgeous and light as well as being gluten and dairy free.”

- 4 eggs
- 1/2 cup (180g) runny honey
- 1/2 cup (125ml) extra virgin olive oil
- Zest and juice of 1 orange
- 1 tsp vanilla extract
- 3 1/2 cups (350g) almond meal
- 60g rice flour
- 2 tsp baking powder
- 1 tbs pomegranate molasses
- 1 pomegranate, seeds removed

ROASTED RHUBARB

- 1 large bunch rhubarb
- Juice of 1 orange
- 2 tbs runny honey

Preheat oven to 180°C/160°C fan-forced.

For the roasted rhubarb, cut rhubarb into 30cm lengths and place in a large deep baking tray. Drizzle with orange juice and honey. Cover with foil and roast for 10-15 minutes until tender. Set aside to cool, reserving cooking juices.

Grease a 20cm x 30cm, 4cm-deep cake pan and line with baking paper.

Whisk eggs, honey, oil, zest and juice and vanilla in a large bowl until smooth. Place almond meal, flour and baking powder in a medium bowl and mix until combined. Add to egg mixture and stir until smooth. Spoon batter into prepared pan and top with roasted rhubarb. Bake for 30 minutes or until golden and a skewer inserted in the centre comes out clean. Set aside to cool.

Combine reserved juices from the rhubarb in a bowl with the pomegranate molasses. Drizzle over cake and sprinkle with pomegranate seeds to serve.

HEALTHY CARROT CAKE WITH YOGHURT FROSTING

SERVES 12

“This is my ultimate carrot cake. It’s rich in protein, not too sweet and it’s also gluten free. I’ve scented the cake with cinnamon, vanilla and a little honey, then lavishly topped the cake with my yoghurt frosting, figs and pistachio.”

- 150g raisins
- 4 eggs
- 1/2 cup (125ml) extra virgin olive oil
- 1/2 cup (180g) runny honey
- 2 tsp vanilla extract
- 500g carrots (with the skin), scrubbed, coarsely grated
- 3 1/2 cups (350g) almond meal
- 3 tsp baking powder
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 3 figs, halved
- 1 tbs slivered pistachios

YOGHURT FROSTING

- 500g labneh
- 1/4 cup (90g) runny honey, plus extra to drizzle
- 1 tsp vanilla extract

Preheat oven to 180°C/160°C fan-forced.

Grease a 22cm round springform pan and double-line with baking paper.

Place the raisins in a small bowl and cover with hot water. Let stand for 10 minutes, then drain.

Whisk the eggs, oil, honey and vanilla in a large bowl until combined. Stir in the carrot and raisins. Place the almond meal, baking powder and spices in a large bowl and mix to combine. Add to the egg mixture and stir until combined. Pour into prepared pan, smooth the surface and bake for 1 hour 10 minutes or until a skewer inserted in the centre comes out clean (cover with foil if over-browning). Set aside to cool, then place cake on a serving plate.

For the frosting, stir all ingredients in a medium bowl until combined and smooth. Spread cake with frosting. Decorate with figs and pistachios and drizzle with honey.

FLOURLESS ORANGE BLOSSOM CAKE

SERVES 12

- 2 (400g total) navel oranges
- 3 eggs
- 1/2 cup (180g) runny honey
- 1/4 cup (60ml) extra virgin olive oil
- 2 tsp vanilla extract
- 2 1/2 cups (250g) almond meal
- 2 tsp baking powder
- Greek-style yoghurt, to serve

CARAMELISED HONEY ORANGE

- 4 small navel oranges
- 1/3 cup (120g) runny honey
- 60g butter, chopped

Place oranges in a saucepan just large enough to fit them and cover with water. Place over medium-high heat and bring to the boil. Cook for 1 hour or until orange is very soft, topping up water if necessary, then drain, cool completely and halve. Discard any seeds.

Preheat oven to 180°C/160°C fan-forced. Grease a 22cm round springform pan and line with baking paper.

Place cooked oranges in a food processor with the eggs, honey, olive oil and vanilla and whiz until smooth. Whisk almond meal and baking powder in a medium bowl. Add to the processor and whiz until well combined. Pour batter into prepared pan and bake for 50 minutes or until golden and a skewer inserted in the centre comes out clean. Set aside to cool.

For the caramelised honey orange, thinly slice 2 oranges and juice the remaining oranges.

Heat half the honey in a large frypan over medium heat and lay half the orange slices over the top. Add half the juice and cook until the liquid has reduced and starts to caramelise. Add half the butter and remove from the heat. Swirl the butter through the mixture, then transfer to a bowl. Repeat with the remaining honey, orange slices, juice and butter.

Decorate the top of the cake with the glazed oranges and drizzle over a little syrup. Serve with Greek-style yoghurt and remaining orange syrup.

CHOCOLATE & BEETROOT CAKE

SERVES 10

“The simple combination of earthy beetroot and dark cocoa powder creates a cake that’s nourishing, delicious and perfect for any occasion. Top generously with whipped avocado frosting. You can also embellish the cake with blackberries or serve with pears poached in red wine.”

- 4 eggs
- 1/2 cup (125ml) pure maple syrup
- 1/2 cup (125ml) extra virgin olive oil
- 1 tsp vanilla bean paste
- 300g beetroot (with skin), scrubbed, finely grated
- 3 1/2 cups (350g) hazelnut meal
- 60g Dutch cocoa powder, plus extra to sprinkle
- 3 tsp baking powder

- FROSTING**
- 2 ripe avocados, skin and stones removed
- 80g Dutch cocoa powder
- 1/2 cup (125ml) cold coconut cream
- 1/2 cup (125ml) maple syrup

Preheat oven to 180°C/160°C fan-forced. Grease a 20cm round cake pan and line with baking paper.

Whisk eggs, maple syrup, oil, vanilla and a pinch of salt flakes in a large bowl until smooth. Add beetroot and stir until well combined. Whisk hazelnut meal, cocoa and baking powder in a large bowl. Add to the beetroot mixture and stir until well combined. Pour into the prepared pan. Bake for 55 minutes or until a skewer

inserted in the centre comes out clean. Set aside to cool.

For the frosting, place all ingredients and a generous pinch of salt in the bowl of a food processor and whiz until smooth.

Turn cake out onto a serving plate. Cover with most of the frosting. Sprinkle with extra cocoa and serve with remaining frosting on the side.

“I love the idea of adding vegetables to cakes to make them good for your health *and* super moist and delicious.”