

apricot almond & poppyseed cake



serves 12

ingredients:

6 ripe apricots, stones removed, each cut into 6 slices
200g spelt flour
100g almond meal
180g coconut sugar
generous pinch sea salt
1 tbsp poppy seeds
1 3/4 cups coconut, almond or oat milk
2/3 cup light olive oil* or rice bran oil
1 tsp vanilla extract
2 tsp baking soda
2 tsp apple cider vinegar*

for the filling:

3 tbsp good quality apricot jam

optional decorations:

handful toasted sliced almonds
fresh or dried rose petals

*Item not available online but is available in your local GoodFor store.

method:

Preheat the oven to 180°C fan bake. Line 2 x 22cm diameter cake tins. Place the apricot slices onto a baking tray and place in the oven for 15 minutes until soft and caramelised. Set aside to cool.

In the bowl of an electric mixer, combine the flour, almond meal, sugar, salt and poppyseeds. Gradually add the milk, oil and vanilla.

In a cup, combine the baking soda and vinegar (it will froth up immediately) and add this to the mixer. Mix until just incorporated.

Divide the batter evenly between the 2 tins. Dot in 2/3 of the apricot slices (reserving about 12 slices to decorate the cake with) and press them down lightly into the batter.

Bake for 30 minutes or until golden in colour and springy to the touch. Allow the cakes to cool for 10 minutes before removing from



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the tins.

Once the cakes are fully cooled, spread some jam onto one layer and place the other layer on top. Decorate with the remaining roasted apricot slices, sliced almonds and rose petals.

Store in an airtight container in a cool, dry place for up to 3 days.

