ORANGE AND CHIA SEED CAKE

Thank you to paleofoodies.com.au for this recipe and picture.

Ingredients

Cake

- 3 eggs
- 3 small oranges or 2 large oranges
- ¼ cup chia seeds
- 1 tsp bicarb soda
- 2 cups almond meal

- ½ cup of raw honey
- ½ banana
- Butter or coconut oil for creasing pan

Orange Honey Syrup

- Juice from 1 orange plus grated rind
- 2 tablespoons raw honey

Method

Pre-heat oven to 160 degrees Celsius.

Soak chia seeds in ½ cup water for 10 minutes.

Peal and de-seed oranges, and place in a food processor with half a banana. Blend until smooth. Add the chia mix to the orange banana mixture and blend. Leave to the side in the food processor.

Next, measure the two cups of almond meal into a large mixing bowl and set aside.

In a small pot over low heat, warm the honey, and then add the bicarb of soda. Continue stirring until the mixture froths up and starts to caramelise (watch that the mixture does not burn). Quickly remove from heat and pour over the almond meal. Mix together well.

Add the almond meal mixture to the food processor (with the orange, banana and chia mix) and blend until well combined. Pour mixture back into the large mixing bowl.

Wisk eggs in a separate bowl and add to the cooled cake mix and combine well.

Grease and line a 20cm cake pan. Pour mixture into pan and level with a spoon.

Cook in oven for approx. 1 hour or until golden and firm on top.

Orange Honey Syrup

Simmer honey, orange and rind in a pot for one minute. Remove from heat and allow to cool for 1-2 minutes before pouring over cake.

To serve, sprinkle cake with extra orange rind and coconut flakes.

Enjoy!

Jane