

CAKES & BAKES

Recipes



Treat yourself to something sweet with these Instant Pot Cakes and Bakes recipes.

Find the right size pan for your Instant Pot.

Maximum diameter for cake pan/length for loaf pans:

Mini: 15cm/6in

5.7L: 18cm/7in

8L: 20cm/8in

Please note: Cooking time does not include prep time and pre heating.

*Recipes using the
Steam, Bake,
Pressure Cook & Slow
Cook function!*



Discover Amazing

CLASSIC CHEESECAKE

UPSIDE DOWN CARAMELISED APPLE CAKE

BANANA BREAD

LEMON CURD TART

CARROT CAKE

PEANUT BUTTER MOLTEN LAVA CAKES

COCONUT CAKE

INDIVIDUAL STICKY TOFFEE PUDDINGS

SLOW COOKER PEANUT BUTTER FUDGE

ALMOND CHOCOLATE BROWNIE CAKE

LEMON, POPPY SEED & COURGETTE CAKE

EASY FLAPJACKS

CLASSIC CHEESECAKE

Time: 35 minutes

INGREDIENTS

225g digestive biscuits

30g butter, melted

450g cream cheese

100g sugar

65ml sour cream

1 tbsp lemon juice

2 tsp lemon zest

1 tsp vanilla extract

2 large eggs

INSTRUCTIONS

1. Grease and line a spring form pan.
2. Crush the biscuits to resemble into fine crumbs, then add the butter and mix until well combined.
3. Press the biscuit mixture firmly into the base and halfway up the sides of the prepared pan then place in the freezer until ready to use.
4. In a large mixing bowl, beat together the cream cheese and sugar until smooth, then add the sour cream, lemon juice, lemon zest, and vanilla and continue to beat until smooth.
5. Add in the eggs one at a time and mix just until combined.
6. Pour the cream cheese mixture into the spring form pan and level out to top.
7. Pour 250ml water into the inner pot and place the trivet in the bottom. Carefully lower your cake pan into the inner pot (you may find this easier by creating a foil sling, and then secure the lid.)
8. Select Pressure Cook and set the time for 25minutes.
9. Once the cooking program has finished, let the pressure release naturally for 10 minutes, then quick release the remaining pressure and remove the lid.
10. Carefully remove the cheesecake from the inner pot and place onto a wire rack to cool. Gently blot the top of the cheesecake with a paper towel if there is any water.
11. When the cheesecake is completely cooled, cover it with plastic wrap and refrigerate for at least 4 hours or overnight before serving.



You can use any oven safe dish in your Instant pot, whether that's a cake pan, loaf pan or bundt pan! Check out maximum dimensions for each cooker at the beginning of this book.



UPSIDE DOWN CAMELISED APPLE CAKE

Time: 35 minutes

INGREDIENTS

For the base:

1 apple peeled, cored, sliced

4 tbsp butter, softened

100g brown sugar

1 tsp cinnamon ground

1 pinch salt

For the cake:

110g plain flour

1 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

1 egg

100g sugar

120ml milk

1 tsp vanilla extract

7 tbsp butter, melted

INSTRUCTIONS

1. Grease and line a bundt pan

2. Mix ingredients for the base, except apple slices, in a bowl and spread evenly in the base of the cake pan, then place the apples on top side by side without any gaps.

3. In a bowl, mix flour, baking powder, baking soda and salt and set to one side.

4. In a large bowl, whip the eggs and sugar together then add the vanilla extract, butter and milk and continue to whip.

5. Sift the flour mixture into the egg mixture to form a batter, then pour on top of the apple slices evenly and cover with foil.

6. Pour 375ml water into the inner pot, then lower the pan inside on the trivet and secure the lid.

7. Select Bake and set the time to 35 minutes.

8. When the cooking program has finished, allow the pressure to release naturally then open the lid and remove the pan from the inner pot and let it cool completely before serving.

BANANA BREAD

Time: 55 minutes

INGREDIENTS

- 150g plain flour
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 70g coconut oil, melted
- 65g sugar
- 80ml unsweetened plain almond milk or other non dairy milk
- 2 tbsp flaxseed meal
- 1 tsp pure vanilla extract

INSTRUCTIONS

1. Grease and line a loaf pan.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.
3. In a large bowl, whisk the melted coconut oil and sugar until incorporated. Stir in the milk, flaxseed meal, and vanilla until well combined.
4. Gently combine the dry ingredients into the wet ingredients just combined, taking care to not overmix. Then fold in the mashed bananas.
5. Pour the banana bread batter into the prepared pan and cover with foil.
6. Pour 250ml water into the inner pot, then lower the pan inside on the trivet and secure the lid.
7. Select Pressure Cook and set the time to 55 minutes.
8. When the cooking program has finished, allow the pressure to release naturally.
9. Open the lid and remove the pan from the inner pot and let it cool completely before serving.



LEMON CURD TART

Time: 5 minutes

INGREDIENTS

- 400g digestive biscuit crumbs
- 6 tbsp butter, melted
- 100g sugar
- 200g lemon curd
- Icing sugar, for dusting

INSTRUCTIONS

1. Grease and line a spring form pan.
2. In a medium bowl, combine the biscuit crumbs, melted butter and sugar, then spoon the mixture into the pan.
3. Flatten into the base of the pan and 1/2 inch up the sides, then place into the freezer for 1 hour.
4. After an hour, remove from the freezer and pour the lemon curd into the biscuit crust and smooth, then cover with foil.
5. Pour 250ml water into the inner pot, then lower the pan inside on the trivet and secure the lid.
6. Select Pressure Cook and set the time to 5 minutes.
7. When the cooking program has finished, quick release the pressure and open the lid.
8. Remove the pan from the inner pot and let it cool completely.
9. Sift with icing sugar before serving.



CARROT CAKE

Time: 90 minutes

INGREDIENTS

Cake:

125g plain flour

50g golden raisins

50g golden caster sugar

50g light brown sugar

1 tsp baking soda

1 tsp ground cinnamon

1/4 tsp salt

1/4 tsp ground ginger

1/4 tsp nutmeg

1/4 tsp ground allspice

80ml olive oil

1 tsp vanilla extract

2 large eggs, lightly beaten

350g carrot, finely shredded

Frosting:

200 g cream cheese softened

200 g icing sugar

1 tsp vanilla extract

INSTRUCTIONS

1. Grease and line a cake pan.

2. Toss the raisins with 1 tbsp of the flour in a small bowl to coat.

3. Combine remaining flour, caster sugar, brown sugar, baking soda, cinnamon, salt, ground ginger, nutmeg and allspice in a large bowl.

4. In a separate bowl, combine oil, vanilla, and eggs, then add to the flour mixture. Stir gently until blended, then fold in the carrot and raisins.

5. Pour batter into prepared cake pan and cover with foil, then add inch long slits in the foil at 12 / 3 / 6 and 9 o' clock.

6. Pour 250ml water into the inner pot, then lower the pan inside on the trivet and secure the lid.

7. Select Slow Cook and program the time to 1 hour 30 minutes. (Cook additional time, if necessary, until a wooden pick inserted in centre comes out clean.)

8. When the cooking program has finished, remove the pan from the inner pot and let it cool for 10 minutes in a pan. Then invert onto a wire cooling rack to cool completely.

9. Once cooled, make the frosting by beating together the cream cheese, icing sugar and vanilla extract until smooth; then spread the frosting on top of the cake.



PEANUT BUTTER MOTLEN LAVA CAKES

Time: 20 minutes

INGREDIENTS

- 110g butter
- 200g chocolate chips
- 100g sugar, plus more for topping
- 2 large eggs, plus 2 egg yolks
- 1 tsp vanilla extract
- 65g cocoa powder
- 65g plain flour
- 1/2 tsp kosher salt
- 4 tbsp peanut butter, divided

INSTRUCTIONS

1. Grease four ramekins.
2. In a microwave-safe bowl, combine the butter and chocolate chips and heat in 30-second intervals until melted.
3. Add sugar, eggs, egg yolks and vanilla and whisk until smooth, then add cocoa powder, flour, and salt and whisk until just combined.
4. Fill ramekins halfway with batter, then top each with 1 tbsp of peanut butter.
5. Top each with the remaining batter, then cover each one tightly with foil.
6. Place trivet inside Instant Pot and add 250ml water. Place three ramekins on trivet and stack fourth one in the centre on top, then secure the lid.
7. Select Pressure Cook for 20 minutes.
8. When the cooking program has finished, perform a quick pressure release.
9. Open the lid and carefully remove the ramekins from the pot, and invert onto a serving dish.



COCONUT CAKE

Time: 50 minutes

INGREDIENTS

- 3 tbsp chocolate chips
- 2 tbsp coconut oil
- 2 tbsp butter, softened
- 2 eggs
- 185g almond flour
- 1 tbsp arrowroot powder
- 1 tsp baking powder
- 1 tsp pumpkin purée organic
- 100g sugar
- 60g unsweetened coconut flakes
- 120ml double cream
- 1/2 tsp nutmeg ground
- 1/2 tsp cinnamon ground
- 1/2 tsp vanilla extract

INSTRUCTIONS

1. Grease and line a cake pan.
2. In a large bowl, thoroughly mix all ingredients until smooth.
3. Spoon the batter into prepared pan, then cover foil.
4. Pour 250ml water into the inner pot, then lower the pan inside on the trivet and secure the lid.
5. Select Pressure Cook and set the time to 40 minutes.
6. When the cooking program has finished, allow the pressure to release naturally for 10 minutes, then quick release the remaining pressure.
7. Open the lid and remove the pan from the inner pot and let it cool completely before serving.
8. Top with whatever additional toppings you fancy!



*Recipe calls for
ramekins?
Stack in a
pyramid
formation
to fit more in
at one time.*

INDIVIDUAL STICKY TOFFEE PUDDINGS

Time: 30 minutes

INGREDIENTS

7 large Medjool dates, chopped

6 tbsp hot water

2 tbsp bourbon

1/2 tsp baking soda

3 tbsp butter, melted

2 tbsp milk

100g flour

1 tsp baking powder

1/2 tsp cinnamon

1/4 tsp salt

1 tsp nutmeg

1 egg, beaten

375ml water

120ml caramel sauce, warmed

For serving, ice cream

INSTRUCTIONS

1. Grease the inside of 4 ramekins.

2. In a small bowl, combine dates, hot water, bourbon and baking soda, then set aside.

3. In a medium bowl, combine the melted butter and milk.

4. Add the flour, baking powder, cinnamon, salt and nutmeg to the milk mixture, and stir until combined.

5. Mix in the beaten egg and bourbon-date mixture, then divide batter evenly amongst the ramekins, then cover each ramekin with foil.

6. Place trivet inside Instant Pot and add 375ml water. Place three ramekins on trivet and stack fourth one in the centre on top, then secure the lid.

7. Select Steam and set the time for 20 minutes.

8. When the cooking program has finished, allow the pressure to release naturally for 10 minutes, then quick release the remaining pressure.

9. Open the lid and carefully remove the ramekins from the pot, and invert onto a serving dish.

10. Drizzle each pudding with caramel sauce. Serve warm, with ice cream.



SLOW COOKER PEANUT BUTTER FUDGE

Time: 90 minutes (+2 hours refrigeration time)

INGREDIENTS

200g chocolate chips
225g cream cheese
50g stevia
50g peanut butter
1 tsp vanilla extract

INSTRUCTIONS

1. Combine all the ingredients into Instant Pot and cover with a glass lid.
2. Select Slow Cook on Low and set the time for 1 hour.
3. When the cooking program has finished, stir the mixture then smooth the top. Then select Slow Cook again and reset the time to 30 minutes.
4. When the cooking program has finished, pour the mixture into a lined 8in x 8in pan and chill for 2 hours before slicing and serving.



ALMOND CHOCOLATE BROWNIE CAKE

Time: 12 minutes

INGREDIENTS

100g plain chocolate, broken into squares
100g butter
70g coconut sugar
100g ground almonds
50g chopped walnuts (optional)
3 eggs

INSTRUCTIONS

1. Grease and line a cake pan.
2. Melt the chocolate and butter in a medium saucepan over a gentle heat. Once melted, add the sugar and stir to combine. Stir in the ground almonds and then leave to cool.
3. In a separate bowl, beat the eggs until fluffy.
4. Gently fold the eggs into the cooled chocolate mixture, then add the walnuts and pour into the cake pan.
5. Place trivet inside Instant Pot and add 250ml water.
6. Select Pressure Cook and set the time to 12 minutes.
7. When the cooking program has finished, allow the pressure to release naturally.
8. Open the lid and remove the pan from the inner pot and let it cool a little. If necessary, remove any drips of water on the surface of the cake with paper towels.
9. Cut into triangles and serve.





LEMON, POPPY SEED & COURGETTE CAKE

Time: 65 minutes

INGREDIENTS

- 110g butter, softened
- 265g sugar
- 3 eggs
- 210g plain flour
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2 tsp poppy seeds
- 110g plain yogurt
- 1 tbs lemon rind grated
- 100g courgette, shredded

INSTRUCTIONS

1. Grease and line a loaf pan.
2. Beat butter until creamy, then gradually add the sugar, until light and fluffy.
3. Add eggs, 1 at a time, beating just until blended after each addition.
4. In a separate bowl, combine the flour, salt, baking soda and poppy seeds.
5. Add the flour mixture to the butter mixture, then add the yoghurt.
6. Blend carefully without overmixing, then fold in lemon rind and courgette.
7. Spoon the batter into prepared pan, then cover with foil.
8. Pour 375ml water into the inner pot, then lower the pan inside on the trivet and secure the lid.
9. Select Pressure Cook and set the time to 55 minutes.
10. When the cooking program has finished, allow the pressure to release naturally for 10 minutes, then quick release the remaining pressure.
11. Open the lid and remove the pan from the inner pot and let it cool for 10 minutes in a pan. Then invert onto a wire cooling rack to cool completely before serving.

EASY FLAPJACKS

Time: 25 minutes

INGREDIENTS

120g butter

240g rolled oats

120g brown sugar

3 tbsp golden syrup

INSTRUCTIONS

1. Grease and line a spring foam pan.
2. Select sauté on low and set the time for 8 minutes.
3. Add all the ingredients, stirring once or twice, until the butter is melted and the syrup is fully incorporated. Take out the mix and place into the greased pan.
4. Press cancel and then wipe the base of the inner pot,
5. Pour 375ml water into the inner pot, then lower the pan inside on the trivet and secure the lid.
6. Select Pressure Cook and set the time to 15 minutes.
7. When the cooking program has finished, allow the pressure to release naturally for 10 minutes, then quick release the remaining pressure.
8. Allow to cool completely, then cut into bite size portions.



Make mealtimes
amazing