

APRICOT UPSIDE-DOWN CAKE (vegan)

¼ cup melted coconut oil,
plus 1 tablespoon for cake tin

¾ cup maple or agave syrup,
plus 1-2 tablespoons for cake tin

9-10 apricots, halved and pitted

2 cups thread coconut

1¼ cup spelt flour

1¼ teaspoons ground cardamom

¾ teaspoon baking powder

½ teaspoon baking soda

½ cup almond meal

2 tablespoons ground flax seeds (I had some LSA and used that instead)

¼ cup water

2 teaspoons vanilla essence

2 teaspoons apple cider vinegar

¼ teaspoon sea salt



Preheat oven to 180 degrees Celsius. Line the bottom of a 24cm springform cake tin with cooking paper. Add 1 tablespoon of coconut oil and use your hands to spread it over the bottom and up the sides of the lined cake tin. Add 1-2 tablespoons maple syrup and spread it over the bottom of the cake tin. Arrange apricots, cut side down, on the bottom of the cake tin.

Add coconut to a food processor and add a handful of the spelt flour. Blend until coarsely ground. Into a medium-sized bowl, sift remaining spelt flour, cardamom and baking powder. Add almond meal and ground coconut and stir to combine.

In another bowl, whisk together flax seeds (or LSA – ground linseed, sunflower seed, almonds) and water, then add maple or agave syrup, oil, vanilla, vinegar, salt and baking soda and whisk again. Pour into dry mixture and stir until just combined. Pour over apricots and gently spread batter evenly over the fruit.

Bake for 45 to 50 minutes. Remove from the oven and allow to cool for an hour before releasing the sides. Place a cake plate over the top of the cake and flip it over. Remove the cake pan base, carefully peel off the cooking paper and serve.

Note: because of the apricots, the cake will only last a couple of days out of the refrigerator. Also the apricots are quite tart, so you may like to add more syrup when serving or sift some icing sugar over the cake.

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