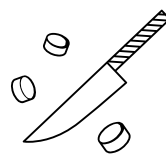


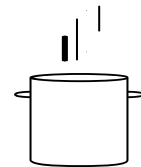


Citrus Omega Cool Oil Cake

A refreshing sweet and citrusy treat!



15



45



8

Ingredients

1 orange

30ml The Groovy Food Company Omega Cool Oil

110g unsalted butter, softened

100g The Groovy Food Company Agave Nectar Light Amber and Mild

2 free range organic eggs, beaten

140g self-raising flour

30g ground almonds

For the drizzle:

juice of 1 lemon

2 tbsp The Groovy Food Company Agave Nectar Light Amber and Mild

Directions

1. Take the top and bottom from the orange then cut into smaller pieces, blitz up in a mini blender until you still have a little texture then add in the oil and blend until you have a puree then set aside.
2. Cream butter until light and fluffy.
3. Add the agave and eggs.
4. Then fold in sifted flour and almonds, mix until fully combined.
5. Fold through the puree.
6. Pour into a greased 2lb baking tin and bake in a pre-heated oven set at 180°C/gas mark 4 for 40-45 minutes.
7. Meanwhile mix lemon juice and agave and pour over cake as soon as it comes out of the oven.
8. Leave to cool before slicing and serve with a spoonful of ice cream.

