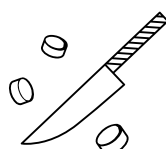


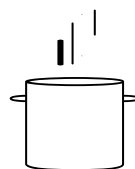


Upside Down Sticky Apple Cake

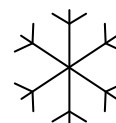
This delicious autumnal cake is perfect for bonfire night. Using coconut sugar gives a rich butterscotch flavour, and with lots of apples inside the sponge it stays really moist.



25 mins



60 mins



12

Ingredients

275g The Groovy Food Company organic coconut sugar

175g The Groovy Food Company organic virgin coconut oil, firm at room temp

5 dessert apples (about 700g), 3 sliced horizontally and 2 coarsely grated

zest 1 lemon and juice ½ (half)

250g plain flour

2 tsp baking powder

2 heaped tsp ground cinnamon

50g ground almonds

2 tsp vanilla extract

3 large eggs

3 tbsp milk

ice cream or creme fraiche, to serve

Directions

1. Heat oven to 180/160 fan/gas4. Grease a 23cm loose-bottomed cake tin and line the base.

2. Whisk 100g coconut sugar and 2 ½ (2 and a half) tbsp water together in a small frying pan. Set over a very gentle heat, stirring until the sugar dissolves and the caramel just starts to bubble. Remove from the heat and stir in 25g coconut oil. Return to the heat and let it bubble for 15 secs then pour into the prepared tin.

3. Remove any pips and stalk from the sliced apple and toss with the lemon juice. Arrange in concentric circles on top of the caramel in the tin - starting with the prettiest slice in the centre.

4. Melt 150g coconut oil and cool. Mix 175g coconut sugar, the flour, baking powder, cinnamon, ground almonds, lemon zest and ½ tsp salt in a large bowl. Add the vanilla, eggs and milk to the cooled oil and whisk together. Pour the wet ingredients into

the flour mixture and whisk briefly to combine. Fold in the grated apple and pour into tin.

5. Place on a baking tray and bake for 1 hr or until a skewer inserted into the centre comes out clean. Cool in the tin for 10 minutes, then run a knife around the edge

before turning out onto a wire rack. Leave to cool then serve with ice cream or creme fraiche.