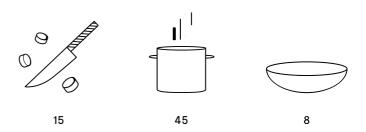




Citrus Omega Cool Oil Cake

A refreshing sweet and citrusy treat!



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

- 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 preheated 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.