

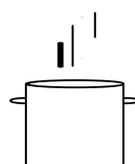


Jamaican Gingerbread with Coconut Sugar Caramel (Gluten Free)

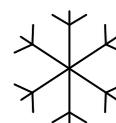
All the spice and twice as nice - this gingerbread loaf is the real deal.



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Ingredients

85g The Groovy Food Company Virgin Coconut Oil,
plus extra for greasing
4 tbsp The Groovy Food Company Dark Agave Syrup
3 tbsp blackstrap molasses
175g ground almonds
50g The Groovy Food Company Coconut Flour
1/2 tsp bicarbonate of soda
1 tsp ground allspice
1 1/2 tbsp ground ginger
2 tsp ground cinnamon
100g full-fat coconut milk
3 medium eggs, separated
1 tsp vanilla extract

For the caramel

75g The Groovy Food Company Coconut sugar
100g full-fat coconut milk
few drops vanilla extract

Directions

1. Grease and line a 2lb loaf tin with baking parchment. Heat oven to 170C/150C fan/gas 3.
2. Tip the coconut oil, agave and molasses into a saucepan, set over a low heat and gently warm to melt, stirring. Set aside to cool a little. Meanwhile sift the almonds, coconut flour, bicarb, spices and pinch salt into a large bowl.
3. Whisk the coconut milk, egg yolks and vanilla into the pan of cooled syrup, then pour the contents of the pan into the dry ingredients and stir well. In a clean bowl with clean beaters, whisk up the egg whites to peaks. Beat 1/3 of the egg whites into the cake mixture, then gently fold in the rest.
4. Spoon into the prepared tin and bake for 45-50 mins, until a skewer inserted comes out clean. Leave to cool in the tin for 10 mins, then transfer to a wire rack to cool completely.
5. To make the caramel sauce measure the coconut sugar and 50ml water into a pan and heat until bubbling. Cook for 2-3 mins then add coconut milk and vanilla. Turn down the heat and simmer for 15 mins stirring until thickened, being careful not to let it burn. Leave to cool and thicken a little more then

drizzle over the cooled cake.