

Gingerbread Snack Cake

I use this cane-sugar-free version of gingerbread for fueling up in the morning – it's great with a dollop of vegan yogurt and some fresh blueberries (see photo). For a simple dessert in the evening, drizzle on a little orange-flavored icing or leave it plain for the healthier version. For a tree nut allergy, replace the almond flour with garbanzo bean flour, and leave out the pecans. I use the "rising egg replacer" recipe from my book "Gluten Free One Mix Baking" in place of the egg, but a flax meal egg substitute works as well (i.e., 1 Tablespoon of flax meal whisked with 3 Tablespoons of water; rest for 5 minutes and whisk again). Leave out the cayenne pepper for a nightshade (tomato) family allergy. Leave out the molasses to make the cake completely free of sugar cane. Makes 9 servings.



Allergens: Contains tree nuts (almonds, pecans), egg, and cayenne pepper (nightshade family). See easy allergen substitutions in the text above.

Ingredients:

1½ c. gluten free flour mix (195 g)	1 egg or equivalent of egg substitute
1 c. almond flour (100 g)	¼ c. milk of choice (59 ml)
1 t. baking powder	¼ c. olive oil (not extra virgin; 59 ml)
½ t. table salt	2 T. molasses
2 T. ground ginger	⅓ c. honey or maple syrup (79 ml)
2 t. cinnamon	¼ c. unsweetened apple sauce (62 g)
1 t. nutmeg	1 T. apple cider vinegar
½ t. allspice	1 T. vanilla extract
¼ t. ground clove	¼ c. raisins (40 g)
Pinch of cayenne powder (optional)	¼ c. chopped pecans (optional; 25 g)

Directions:

Step 1. Preheat the oven to 350° F (177° C). Spray the sides and bottom of a 9-inch x 9-inch (23-cm x 23-cm) square baking pan with oil.

Step 2. Mix together (in a large mixing bowl) all of the dry ingredients listed above in the left column.

Step 3. Whisk together (in a small mixing bowl) the egg or egg substitute, milk of choice, oil, molasses, honey or maple syrup, apple sauce, cider vinegar, and vanilla extract.

Step 4. Add this liquid mix to the large mixing bowl with the dry ingredients; stir with a rubber spatula till the batter is well combined and smooth.

Step 5. Mix in the raisins and chopped pecans (optional).

Step 6. Pour the batter into the greased baking pan. Spread the batter out evenly and smooth the top. Place in the oven and bake for 25 minutes. The cake will be done when a toothpick inserted in the middle comes out clean and the cake is just starting to pull away from the sides of the pan. Cool for 10 minutes before serving.