

# FIONA TUCK

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NUTRITION WELLNESS YOGA



## Gluten-Free Cinnamon Apple Cake

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### Ingredients:

#### Base:

200g butter, melted  
2 cups almond flour  
2 teaspoon baking powder  
½ cup coconut sugar)  
2 eggs

#### Topping:

450g peeled Granny Smith apples, diced  
¼ cup sultanas  
½ teaspoon cinnamon  
¼ cup coconut sugar  
¼ cup chopped walnuts

Prep: 15 mins

Cook: 45-50 mins

Serves: 8

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### Directions:

1. Preheat the oven to 180°C. Grease a loose-bottomed 8-inch cake tin.
  2. To make the base, in a small saucepan melt the butter over a low heat. Remove from heat and set aside.
  3. In a separate bowl place, the almond flour, baking powder and stevia and stir to combine. Make a well in the centre of the dry mix and pour in the melted butter and add the egg. Mix thoroughly to combine.
  4. Set aside 1 heaped tablespoon of mixture. Place all the remaining mixture in the cake tin.
  5. Mix together all the topping ingredients. Spread loosely over the top of the cake mixture in the tin. Using a teaspoon, dot the reserved base mixture over the top of the cake.
  6. Cook in the oven for 45-50 minutes or until golden.
  7. Leave to cool. The cake will keep in a refrigerator, covered, for up to 5 days.
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