



Chai Cakes

SWEETS & SMOOTHIES

Recipe makes 6 individual cakes

Ingredients:

- Gluten-free self-raising flour: $\frac{3}{4}$ cup
- Almond meal: 1 Cup
- Baking powder(gluten-free): 1 tsp
- Ground cinnamon: 1 tsp
- Ground cardamom: $\frac{3}{4}$ tsp
- Saffron strands: 1 pinch (5-6 strands)
- Raisins: $\frac{1}{2}$ Cup
- Medjool dates: 7(remove seeds)
- Water: $\frac{1}{2}$ cup (in addition to water used for steeping fruit)

Method:

First, steep the saffron strands in 4 tablespoons of boiling water. Let steep while preparing the rest of the ingredients. Steep dates in 1 cup of boiling water for at least 5 minutes, then blend until smooth and set aside.

Combine all the dry ingredients - flour, almond meal, baking powder, cinnamon, cardamom. Then add your raisins, date mix, saffron mix and water and mix well.

Preheat your oven to 180 degrees celsius or 356 degrees fahrenheit.

Spoon your mix into non-stick baking molds (tray with 6 individual molds). I have used mini bundt cake molds, if you don't have this available a standard muffin tin works well too.

Bake for 20-25 minutes (depending on oven) - ensure to keep a close eye on it at 20 minutes, and then bake for an additional few minutes if required.