



Orange Cakes

SWEETS & SMOOTHIES

Makes 6 in a mini bundt cake pan and 9-10 in a standard muffin pan

Ingredients:

Cake:

- Gluten-free self-raising flour/ or Whole wheat flour: 1 cup
- Almond meal: 2 cups
- Jagger: $\frac{2}{3}$ cup (if you purchase jaggery in a block, grate, and measure out $\frac{2}{3}$ cup). Alternatively, you can use another natural sweetener or sugar works well too
- Baking powder: If using gluten-free self-raising flour add 2 tsp, if using whole wheat flour add 3 teaspoons
- Cinnamon: 2 tsp
- Water(room temperature): 1-1 $\frac{1}{4}$ cup water

Glaze:

- Fresh orange juice: 1 cup
- Orange zest: $\frac{1}{2}$ an orange
- Jaggery: $\frac{2}{3}$ cup, alternatively you can use sugar

Method:

Preheat oven to 180 degrees celsius/ 355 degrees fahrenheit fan-bake setting. For the cakes, sift the dry ingredients in a bowl and then add the remaining ingredients.

Mix well until all the ingredients are combined. You will be left with a thick cake batter which is perfect.

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Spoon or pipe the mix into either a mini-bundt non-stick cake pan as shown in the recipe video (has 6 individual cakes in a pan) or use a standard non-stick muffin tin, the amount of mix makes around 9 muffins.

To get a tidy and well-presented finish, smooth the cake mix using a teaspoon and cold water - for a demonstration please see the recipe video, then run a damp paper towel around the edges to again make it more presentable and easier to remove from the pan once cooked.

Place in the oven for 15-18 minutes if using a mini-bundt cake pan, if using a standard muffin pan cook for 15 minutes - keep an eye on it at 12 minutes and check to see the cake is cooked by poking a wooden skewer through the center of the cake - if it comes out clean then it's cooked.

Allow the cakes to cool while you get on with the glaze. For the glaze, heat your pan on medium-high then add your orange juice, once the juice comes to the boil add you orange zest and then cook for a few minutes before adding your jaggery/or sugar.

Allow to cook for around 5-7 minutes or until the glaze reaches the consistency of maple syrup, once it reaches this consistency, turn off the heat and allow to cool before spooning on top of the cakes. Turn the cakes upside down, so the decorated side is facing up, then carefully spoon the glaze on top of the cakes, decorate with the zest pieces that have been cooked in the glaze.

For a demonstration please see the recipe video. The cakes can be served warm with ice cream for dessert or with a cup of tea.

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