

Maple Almond Coconut Bundt Cake

Maple syrup always makes me think of eating the apple pancakes my mom would make for us as kids. This amazingly moist and flavorful cake is sweetened naturally with only maple syrup. It will surely let your mind drift to happy thoughts.



Prep time
25 min

Bake time
50 - 60 min

Ingredients

2 Tbsp ground flaxseeds
½ cup water
½ cup ground almonds
½ cup coconut oil (solid)

Dry ingredients

2½ cups spelt flour
1 cup dried shredded coconut
2 Tbsp cinnamon
1 ½ Tbsp baking powder
1 ¼ tsp baking soda
¼ tsp salt

Wet Ingredients

1 cup nondairy milk
1/3 cup maple syrup
1 Tbsp vanilla extract
2 tsp almond extract
1 tsp apple cider vinegar

Maple glaze

2 ½ Tbsp maple syrup
¼ tsp cornstarch

Serves 12

Directions

1. Preheat the oven to 350°F / 176°C
2. Mix ground flaxseeds with water and set aside until thickened, about 15 minutes.
3. Grease and flour a bundt pan.
4. In the meantime, put the ground almonds and coconut oil in a large bowl with a mixer. Beat on high for one to two minutes, scrapping the sides to ensure it is creamed together well.
5. In a medium bowl, blend all of the dry ingredients. In another medium bowl mix all of the wet ingredients EXCEPT the apple cider vinegar.
6. Add the flaxseed mixture to the almonds and coconut oil and quickly beat until mixed.
7. Add half of the dry ingredients and half of the wet ingredients to the mixing bowl and blend until just mixed.
8. Add the apple cider vinegar to the remaining wet ingredients. Add the other half of the dry ingredients and wet ingredients to the mixing bowl and mix until just blended, be sure not to over mix. Spread evenly into the pan.
9. Bake for 50 to 60 minutes, until a toothpick inserted into the center comes out clean.
10. Let cool in the pan for 10 minutes. Loosen the cake from the pan with a butter knife and turn over onto a serving plate.

Maple glaze

1. In a small saucepan combine the maple syrup and cornstarch.
2. Heat on high heat, stirring constantly, until it begins to bubble, about 4 minutes.
3. Reduce heat to medium and continue to cook and stir for another 5 minutes.
4. When both the cake and glaze are cool drizzle the glaze over the cake.

Food Facts

Canada produces about three quarters of the world's maple syrup. Maple syrup is graded based on its translucency (how much light passes through it) and its density, starting with the lightest syrups being a 1 or A (depending on their origin). I love to bake with a dark grade C as it offers a more maple-vanilla-caramel flavor.



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