



Recipes

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APPLE ALMOND CAKE (No Flour or No Refined Sugar)

Ingredients:

- 2 cups almond flour or crushed almonds
- 1 tsp baking powder
- ¼ cup of olive oil
- ¼ cup honey
- 1 tsp vanilla
- 2 eggs
- Zest of an orange
- 2 diced apples
- Almond chips to decorate

Directions:

- Preheat oven to 320 F
- Mix all ingredients except apples and almonds
- Add the apple to the mixture and incorporate them well
- Pour everything into a pan that you have wrapped beforehand in parchment paper
- Garnish with almonds chips
- Bake for 60 – 80 mins
- Let stand for 30 mins