



Gluten-free apple cake

15'

Hands on

70 minutes'

Hands off

50'

Cook Time

6-8

Portion(s)

1

Difficulty



Ingredients

- 1 red apple
- 170 g coconut sugar
- 2 tablespoons cinnamon powder
- 1 tablespoon coconut oil
- pinch of salt
- 150 g [applesauce](#)
- 120 g Greek strained yogurt
- 2 medium eggs
- 250 g flour, gluten-free
- 1 teaspoon baking powder, gluten-free
- 1 teaspoon baking soda

To serve

- icing sugar
- cinnamon

Method

- Preheat the oven to 180° C (356° F) set to fan.
- Peel the apple and [cut](#) it into 0,5 cm cubes.
- Put it in a [bowl](#) along with the 70 g coconut sugar, 1 tablespoon cinnamon, coconut oil and pinch of salt. Mix with a spoon and set aside.
- In a second bowl, whisk the applesauce with the strained yogurt, the remaining coconut sugar, and the eggs.
- As soon as the ingredients are homogenized, pour the mixture into the bowl with the apples and then mix, so that the two mixtures are fully combined.
- In a third bowl, mix the flour with the baking powder and soda, and then pour it into the bowl with the rest of the ingredients. Mix with a silicone spatula, until there is a homogeneous mixture.
- Take a plastic wrap with your hands and lightly wet it. Then, remove the excess water and cover the bottom and the walls of a 10x22 cm [cake pan](#).
- Pour the batter into the cake pan. Smooth its surface with a [spatula](#), and bake for 45-50 minutes.
- Remove the cake pan from the oven and let it cool on a rack for 20 minutes.
- Flip the cake pan and let it cool completely for 40-50 minutes.

Drizzle with icing sugar and cinnamon, and then [serve](#).

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-------------------------|-----------------------------|----------------------------|
| 292 Calories (kcal) | 6.5 Total Fat (g) | 4.5 Saturated Fat (g) | 53.0 Total Carbs (g) |
| 15% | 9% | 23% | 20% |
| 26.0 Sugars (g) | 4.6 Protein (g) | 1.7 Fibre (g) | 0.84 Sodium (g) |
| 29% | 9% | 7% | 14% |