

THE EASIEST LEFTOVER FRUIT DESSERT

INGREDIENTS

- 125 butter of choice (vegan butter or normal works fine)
- 1/2 cup sugar of choice (raw, rapadura or coconut works well, but modify to suit flavours)
- 2 eggs
- 1/3 cup buckwheat (see below for options on using normal flour)
- 1/3 cup almond meal
- 1/3 cup gluten free flour of choice
- 1 teaspoon aluminium free baking powder
- 1/2 cup yoghurt or sour cream of choice (coconut, milk or other works fine)
- flavours of choice (apple, pear, plums, peaches, nectarines, mangoes, bananas, passionfruit... the list is endless)
- Spices of choice to match your flavours (I often use vanilla essence or mixed spice, nutmeg or cinnamon depending on the fruits)



METHOD

- Beat butter and sugar until creamed
- Add eggs and beat until just combined
- Add flour and baking powder and mix well
- Add yoghurt/cream
- Add spices
- Fold in fruit pieces and place in lined baking dish or muffin tray or save fruit, place batter into dish or muffin trays and add fruit to top of cake
- Bake in oven at 180 degrees for about 30 mins or until golden and knives comes out clean when put in.
- Serve however you want... it's delicious hot (as they always are) or cold in a lunchbox.
- Note: if you want to use spelt flour or self raising then just take out the three flours and substitute for normal flour



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