Have good health & eat cake too!

Sourdough Apple Cake

This tasty cake made with sourdough discard greatly modifies the wheat and gluten making it a safe and healthy option as no wheat is added.

Sourdough discard has many uses. Apple Cake is a fabulous one!

Measurements are somewhat flexible

250 g Sourdough discard
50 g melted butter
50 g polenta or almond flour
1 egg beaten
½ t salt
2 g Baking powder
2 g Bicarb
1 t cinnamon
½ t nutmeg
½ t powdered ginger
½ c rapidura sugar or raw honey or mashed banana
1 or 2 sharp apples. Granny Smith or Bramley I use if no non sprayed apple trees are available for foraging. Peel and slice. The peel can be used to decorate the top of the cake by winding the continuous peel in a spiral.

Grease a baking tin with coconut oil. Place apple slices before pouring batter.

Add dry ingredients to discard and mix thoroughly. Add honey or banana, beaten egg and cooled melted butter. Mix thoroughly. Just before pouring in the tin add bicarb and baking powder, stir in well and pour half of the batter into the tin. Add apple slices and pour remaining batter and finish with apple slices or spiral apple peel.

Bake at 180c for half an hour. Check for doneness. Enjoy hot or cooled. Make two and stack on top of each other for a layered cake.

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