



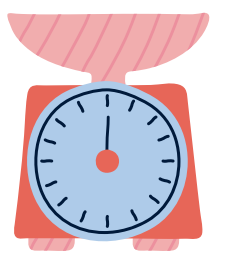
APPLE & OLIVE OIL CAKE

Chang Ming Health Diet

1

INGREDIENTS

180ml Extra Virgin Olive Oil
120g Honey
2 Apples (or 180g of chunky apple sauce)
200g Ground Almonds
200g Plain Flour
2tsps Baking Powder
1tsp Mixed Spice



2

MIX

Pour the oil and honey into a mixing bowl and whisk together.

Core and peel the apples, chop them, place them in a pan with a little water and heat until soft.

Add the baking powder to the apple sauce and mix together. Add to the oil and honey mixture and mix together until well combined.

Fold in the ground almonds and plain flour until everything is well combined. You should have a dense, grainy batter. Spoon into a lined 8" cake tin and smooth with the back of the spoon.



3

BAKE

Bake for 30 minutes - 200C/180C Fan

After 30 minutes, reduce the oven temperature to 180C/160C Fan cover with kitchen foil to stop the cake from browning too much. Bake for another 25 minutes.

Leave to cool before cutting.

