



STICKY DATE CAKE GLUTEN FREE, DAIRY FREE (LIGHT & FLUFFY CAKE) TM 31



Total: 40min
Preparation: 10min



8 slice(s)



easy

Ingredients

Cake

1 Cup dried dates
1 1/4 cups boiling water
1 Cup Buckwheat flour
1/2 Cup Rice Malt Syrup
1 Teasp Bicarbonate Soda
1/2 Teasp Baking Powder
2 eggs
60 grams Coconut Oil (melted)
1 teasp vanilla extract (or 1 teasp vanilla bean paste)

Sauce

1/4 Cup Rice Malt Syrup
1/4 cup Raw Honey
1/2 teasp vanilla extract (or 1 teasp vanilla bean paste)
1/3 Cup Coconut Cream

Preparation

Preheat oven to 180 C

Soak dates in boiling water for 5 minutes and then place dates as well as water into bowl of thermomix. Add the Rice Malt Syrup and coconut oil. Blend until pureed about 30 seconds speed 8 or 9. Scrape down sides of bowl. Add eggs, bicarbonate soda, baking powder and vanilla. Blend about speed 4 until combined about 20 seconds.

Add the buckwheat flour. Mix speed 3 until combined. This will only take a few seconds. Scrape down side of bowl.

The mixture will be quite runny but don't worry. When baked it will be very light and fluffy. Pour the mixture into a prepared Loaf tin or Cake pan and bake until risen about 30 to 40 minutes. Will be cooked when center springs back when touched or skewer is clean when tested.

Optional Extra: Sauce: Combine rice malt syrup, raw honey, vanilla bean paste and coconut cream in the thermomix bowl and cook 4 min at 80° speed 3 or 4 or until thickened. Pour some caramel sauce over individual serves of your Sticky Date Cake.



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