

Ginger & Cinnamon Cake-Bread

Ingredients

1/2 cup Coconut Flour
1/4 cup Raw Honey
1/4 cup Olive Oil
4 eggs
1/2 tablespoon cinnamon
1/2 tspn Ginger
1/2 tspn Nutmeg
1/4 tspn Salt
1/2 tablespoon Lemon Juice
1/2 tspn Bicarb of Soda
1 generous cup coarsely grated sweet potato (packed in tight).

Directions:

Preheat oven to 180 degrees Celsius.

Grease glass baking pan with butter.

Grate sweet potato & immediately place in an airtight container to reduce oxidation.

Combine coconut flour, olive oil (use 1/4 cup measure for olive oil before the honey & the honey will then slip out of the measure easily), raw honey, eggs, cinnamon, ginger, nutmeg, salt, lemon juice & baking soda (add last). Mix well until batter is uniform.

Add grated sweet potato. Blend until smooth.

Add to greased pan. Lightly smooth out top so not too many peaks – be very gentle. Then, holding the dish in one hand, hit the sides one by one with palm of other hand and the batter will settle to more level in the pan.

Cook for 30 – 35 minutes until set.

Take out and let cool. Place in fridge overnight to finish setting cake. It takes some time for the coconut flour, sweet potato and other ingredients to fully combine and form a full consistency.

Note: this has cooked well in a rectangular glass pyrex dish. This is a low profile cake-bread so don't expect a fully risen fluffy cake.

Serve a slice with a generous serve of butter.

