

Gluten-free Peach & Wild Blueberry Cake

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 cup brown rice flour
- 1/2 cup coconut flour*
- 1/2 tsp baking powder
- 1 tsp ground cinnamon
- 1 tsp vanilla extract (liquid or powder)
- 1/2 cup of real maple syrup**
- 1/2 cup of grapeseed oil or extra virgin olive oil
- 2 eggs
- 2 cups roughly chopped organic peaches or chopped mango
- 1 cup organic blueberries
- 1 tsp coconut oil

Instructions:

1. Preheat oven to 350F degrees. Grease a 6 or 9 inch springform or tart pan. I've made it both sizes and prefer it in the smaller pan because then the cake is thicker. It's also really nice in individual tart pans or as I like to call them, "baby tart pans".
2. In a large bowl combine all the dry ingredients: flours, baking powder and cinnamon.
3. In another bowl, combine the wet ingredients: vanilla, maple syrup, olive oil and eggs. Add the peaches and blueberries.
4. Add the wet ingredients to the dry ingredients. Do not over-mix. The batter will be a bit crumbly but you shouldn't see any dry bits (see the photo).
5. Grease the sides and bottom of the springform pan with coconut oil. Spoon the mixture into the pan.
6. Bake for approximately 28-30 minutes or until a fork inserted comes out clean. I often bake on the convection setting on my oven so you can expect it to take a little longer if you don't have a convection setting.
7. Check it at about 25 minutes, if the top is burning place tin foil over top.

Notes:

Serves 6-8 (depending how hungry you are!) *Don't have coconut flour? No problem. Use a total of 1 1/2 cups of brown rice flour, it yields a slightly fluffier cake too. **If you want to cut the maple syrup in half, use 1/4 cup maple syrup and 1/4 cup water. If you don't have brown rice flour, you can sub in buckwheat, spelt or whole wheat for the 1 cup of brown rice flour. I have not tried this cake with almond flour.