

# Almond Flour Raspberry Cake

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 2-1/2 cups almond flour\*
- 3 tbsp coconut flour
- 1/4 cup tapioca flour\*\*
- 1 tsp baking powder
- 1 tsp baking soda
- Optional: 3 tsp organic raspberry powder\*\*\*
- 4 large eggs
- 1 cup maple syrup
- 1 tsp vanilla extract
- 1 tsp coconut oil for greasing pan

## Instructions:

1. Preheat oven to 350F (180C). Line an 8 or 9 inch springform pan or cake pan with parchment paper. Grease the sides with coconut oil.
2. In a large bowl, combine almond flour, coconut flour, tapioca flour, baking powder, baking soda and raspberry powder if using. Whisk until combined. If available to you, a stand mixer makes this even quicker so you can toss all your ingredients in and let it do the work for you!
3. In a small bowl, whisk eggs. Add maple syrup and vanilla extract, stir to combine.
4. Pour the wet ingredients into the bowl of dry ingredients. Using a whisk or a hand mixer, combine the wet ingredients and the dry ingredients until fully mixed.
5. Let the batter settle for a few minutes and then using a spatula, pour batter into cake pan.
6. Place cake in middle rack. Bake for 30-35 minutes until a fork inserted comes out clean.
7. Place cake on a cooling rack once baked. Let cake cool completely before removing from springform pan or cake pan.
8. Now it's time to ice your cake! See the link to my recipe for coconut whipped cream for the top of your cake!
9. This cake stores in the fridge for up to 5 days or freeze for up to a month.

## Notes:

Serves 6-8 \*If you want to make this nut-free you could try a gluten-free flour blend like Bob's Red Mill. I haven't tried it yet, so it's not tested but I think it would work. \*\*You can find tapioca flour (aka starch) at your local health food store or online. It's always in the baking section. Bob's Red Mill is a good brand. \*\*\*Organic raspberry powder is a nice addition for a slightly pink cake. I have included a link in the blog post above for the brand I used. You can also use red natural food colouring or pomegranate powder for the colour. Or simply omit it if you don't have it. It still tastes wonderful. I've made these into cupcakes

and they take the same amount of time to bake 12 cupcakes.