Honey Cake (Vegan, grain-free, refined sugar free)

Ingredients:

Cake:
4 flax eggs (4 Tbsp ground golden flax seed mixed well with 20 Tbsp water)
1 cup coconut sugar
1 cup maple syrup
1 cup strong apple-cinnamon herbal tea, cooled
1.5 tsp real vanilla extract
3 cups almond flour
1.5 cups tapioca flour
¾ cup coconut flour
1.5 tsp baking soda
2 tsp cinnamon
¾ tsp allspice
¾ tsp cardamom
1.5 tsp sea salt or Himalaya salt

Icing:
¼ cup coconut butter
2 Tbsp maple syrup
1/3 cup coconut milk
¼ tsp cinnamon
¼ tsp cardamom
½ tsp real vanilla extract

Instructions:

1. Preheat oven to 350F (175C). Grease a large rectangular baking pan.
2. Prepare the flax eggs.
3. In large bowl beat the flax eggs, coconut sugar, maple syrup, vanilla, and tea until well incorporated.
4. In medium bowl whisk together the almond flour, tapioca flour, coconut flour, baking soda, cinnamon, allspice, cardamom, and salt. Add to the liquid mixture and beat for another minute.
5. Pour the batter into your prepared pan and bake for 40-50 minutes, and when a toothpick inserted into the center comes out clean. Allow the cake to cool.
6. To make the icing, melt the coconut butter in a small saucepan on low heat and then add the rest of the icing ingredients. Remove from heat and whisk to combine. Drizzle the icing over the cooled cake.

In health and yumminess,
Mindy