

Pineapple "Right-Side-Up" Spoon Cake

(vegan, grain-free, refined sugar free)

Ingredients:

- Fresh (only fresh, not canned!) pineapple chunks cut into 2.5 cm squares (without the chewy core!) – enough to line the bottom of a round pie pan.
- 2.5 cups almond flour
- 2.5 Tbsp tapioca flour
- 1 Tbsp ground golden flax seeds
- Dash of Himalaya or sea salt
- ½ cup olive oil
- 1 cup maple syrup
- 2 Tbsp water
- 2 Tbsp lemon juice
- 1 tsp pure vanilla extract
- ½ cup chopped almonds for topping

Instructions:

1. Preheat your oven to 350F/180C and oil a 22-25cm round pie pan.
2. Spread the fresh pineapple chunks evenly over bottom of pan. Set aside.
3. In a mixer bowl whisk together the flours, ground flax seeds, and salt.
4. Add in the olive oil, maple syrup, water, lemon juice, and vanilla, and mix until a uniform batter forms.
5. Scoop the batter over the pineapple chunks, and use a spatula to even out.
6. Sprinkle chopped almonds evenly on top.
7. Bake for 70 minutes until slightly golden brown, checking periodically to make sure the top of the cake doesn't burn.
8. Remove from oven and let cool at least 10 minutes before digging in.
9. This cake doesn't really slice – it come out quite soft – thus the definition "spoon cake." Leftovers should be kept in the fridge – it is delicious cold as well 😊.

In health and yumminess,
Mindy