

Pecan Apple Loaf Cake

Recipe recommended by Marie Glaeser from Efia's Kitchen
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	1415	17%
Energy (kcal)	342	17%
Fat	28g	40%
of which saturates	7g	35%
Carbohydrate	13g	5%
of which sugars	5.1g	6%
Fibre	4.7g	19%
Protein	8g	16%
Salt	0.98g	16%

Generated by Nutritics v5.61 on 29th March 2021

INGREDIENTS (Makes approx 12 x 70g servings / 235kcal per serving)

- 80g / 1 cup oats, ground or oat bran
- 140g / 1 cup almonds, ground or ground almond flour (**NUT**)
- 100g / 3/4 cup pecans, toasted and crushed (**NUT**)
- 80g / 1/3 cup coconut oil or butter, melted
- 3 tbsp apple sauce
- 60g / 1/4 cup water
- ¼ tsp sea salt
- 1 tsp gluten-free baking powder
- 2 tsp cinnamon
- Pinch of nutmeg
- 2 eggs (**EGG**), whisked
- 1 apple, pitted and finely chopped

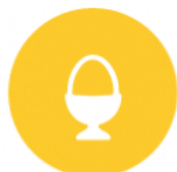
METHOD:

1. Preheat your oven to 190°C, and prepare a 25cm cake tin with baking paper, or use a silicon mould.
2. Add the ground oat and almonds or flours to a mixing bowl, and stir in the salt, cinnamon, nutmeg and baking powder.
3. Add the melted butter / coconut oil, apple sauce, eggs and water to the dry ingredients and combine well.
4. Add the chopped apple and crushed pecans and combine the batter well.
5. Pour into the cake tin and bake at 190°C for 40-50 minutes or until lightly golden and coming away from the edge of the tin.

ALLERGENS



TREE NUTS



EGGS

MODIFY

CREDIT

Recipe by Marie Glaeser
Photo by: Marie Glaeser