

GLUTEN/FAT FREE Orange & Almond Cake



Time to prepare 1.5 hours

Time to bake 30 minutes

Oven preheated at 180c

greased 23cm cake tin

Ingredients

2 medium oranges (boiled for 1.5-2 hours, pits removed and blitzed to a smooth paste)

caster sugar 225g (I used both white and brown sugar)

honey 1 tbsp

ground almonds 300g

6 large eggs, separated

salt 1/4 tsp

For syrup

2 more oranges honey 3 tbsp

zest of 1 orange

To make the cake batter

With an electric mixer, beat the egg yolks with the sugar for 5 minutes or until creamy and thick. Add the almond flour (ground almond), honey and salt. Mix thoroughly and then add the mashed orange mix.

In a clean bowl, beat the egg whites until fluffy and stiff. Gently fold the egg whites in the mixture. be careful not to deflate the cake batter.

Pour the mix into the prepared tin and bake for 30 minutes or until the skewer comes out clean.

To make the syrup

Juice the oranges and mix the sugar in. Put the syrup on a medium heat until the sugar dissolves.

When the cake is still hot, spoon the syrup over the cake.