Honey & Apple Cake

The sweetness of this cake comes from raw honey – nature’s ready-made sweetener, and the most easily digested. Raw honey contains natural vitamins, enzymes, powerful antioxidants, and other important nutrients. Buy local raw honey whenever you can as it contains a blend of local pollen, which can strengthen a person's immune system, and reduce pollen allergy symptoms.

Ingredients

100g unsalted butter, cut into small pieces, softened, plus extra for greasing

60g olive oil

150g local raw honey

200g spelt white flour

3 eggs

1 teaspoon ground ginger

1Tablespoon baking powder

pinch salt

3 apples, peeled, cored and sliced

thick yoghurt, honey and grated nutmeg to serve



Method

1. Grease and line a 23cm round springform tin and set aside.

2. Place butter, olive oil, honey, flour, eggs, ground ginger, baking powder and salt in mixing bowl and mix **15 sec/speed 6.**

3. Add apple slices and gently combine using the spatula.

4. Pour mixture into prepared tin and bake 180C fan-forced oven for 40 - 45 mins, or until skewers comes out clean.

5. Remove from oven and allow to cool for 10 minutes. Remove cake from tin and place on a wire rack. Serve cake warm or cold with thick yoghurt, a drizzle of honey and a sprinkle of grated nutmeg.

Tips:

Cake will keep in an airtight container in the fridge for 3 days

Can be frozen for up to 3 months