

makeover

gluten-free tea cake

This simple and delicious dessert is also dairy-free.



Recipe: Rowie Dillon. Photography: Andre Martin. Styling: Chrissy Freer. Food Prep: Wendy Quisumbing.

GLUTEN-FREE APPLE AND CINNAMON TEA CAKE

SERVES 8

Prep: 15min Cook: 35min

Cost per serve: \$0.52

- Gluten-free
- Dairy-free
- Vegetarian

100g Nuttalex spread (room temperature)

½ cup caster sugar

1 egg

1 teaspoon vanilla essence

2 teaspoons ground cinnamon

1¼ cups buckwheat flour

½ teaspoon gluten-free baking powder

½ cup soy milk

2 large green apples, peeled, quartered, thinly sliced

2 teaspoons sugar

Step 1 Preheat oven to 180°C.

Grease and line with baking paper a 20cm springform cake tin. Using an electric mixer, cream Nuttalex and sugar until light and fluffy. Add egg; beat well. Add vanilla; beat well. Add cinnamon, beat well.

Step 2 In a separate bowl, sift flour and baking powder. Add one-third of flour mixture and one-third of milk to Nuttalex mixture; beat well. Repeat twice with remaining

flour mixture and milk. Spread mixture evenly into prepared tin.

Step 3 Place apple slices in non-stick frying pan with 2 tablespoons water over medium-high heat. Sprinkle with sugar. Sauté for 8 minutes or until translucent. Arrange slices in a pinwheel pattern over cake mixture.

Step 4 Place in middle of oven. Turn oven up to 190°C. Bake for 30 minutes. Turn oven off; leave for 5 minutes or until an inserted skewer comes out clean. Remove from oven. Stand for 10 minutes. **hfg**



Traditional version

PER SERVE:

2160kJ/514cal	Sugars 36g
Protein 6g	Fibre 2g
Total Fat 29g	Sodium 350mg
Sat Fat 18g	Iron 0.5mg
Carbs 55g	Calcium 40mg

Our version

PER SERVE

1200kJ/286cal	Sugars 21g
Protein 5g	Fibre 3g
Total Fat 13g	Sodium 190mg
Sat Fat 2g	Iron 0mg
Carbs 40g	Calcium 40mg



Rowie Dillon of Rowie's Cakes is HFG's allergy-friendly cooking expert. View her website at www.rowiescakes.com.au.