



Autumnal Cake

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 15

PREPARATION: 30 MINUTES

COOKING: 50 MINUTES

INGREDIENTS

- 245 g (1 3/4 cups) all-purpose flour "[La Merveilleuse](#)"
- 15 ml (1 tbsp) baking powder
- 5 ml (1 tsp) ground cinnamon
- 2.5 ml (1/2 tsp) ground ginger
- 1 ml (1/4 tsp) ground cloves
- 3 medium eggs, separated
- 2.5 ml (1/2 tsp) cream of tartar
- 65 g (1/3 cup) light olive oil
- 160 g (1/2 cup) maple syrup
- 125 g (1/2 cup) plant-based milk substitute
- 5 ml (1 tsp) vanilla extract
- 110g (1 cup) apples, grated
- 75 g (2/3 cup) beetroot, grated
- 35 g (1/3 cup) carrots, grated

PREPARATION

1. Preheat the oven to 325° F (165° C). In a bowl, sift together flour, baking powder and spices. Make a well in the centre and add the egg yolks, oil, maple syrup, plant-based milk substitute and vanilla. Beat at the maximum speed of the electric mixer or in a stand mixer with a flat paddle at medium speed, about 5 minutes.
2. In another bowl, beat the egg whites. Start gently, add the cream of tartar, then beat at maximum speed until stiff peaks form.
3. Gently fold the egg whites into the flour mixture with a spatula.
4. Then add the apples, beets and carrots with the spatula.
5. Pour the mixture into an unoled chimney pan and bake on the centre rack of the oven for 50 to 60 minutes, until a toothpick inserted into the centre comes out clean.
6. Turn the cake over, balance it on a glass, and let it sit for an hour. To unmould, pass the blade of a knife between the cake and the pan and then place on a serving plate.



Beets in a cake... why not? This carefully spiced autumnal blend is simply delicious!

HEALTH TIP

In addition to contributing to the visual appeal of this cake, beets are full of antioxidants, rich in potassium, contain protein, fiber, iron, calcium, thiamin and niacin, phosphorus, zinc, vitamin A, C, E and K. A cake lusciously rich in colors.. and vitamins!

NUTRITION FACTS

Per portion	150 Calories
Fat: 6 g	9 %
Saturated 1 g	
Trans 0 g	6 %
Polyunsaturated: 1 g	
Omega-6: 0,6 g	
Omega-3: 0,2 g	
Monounsaturated: 3,5 g	
Cholesterol: 35 mg	
Sodium: 50 mg	2 %
Carbohydrate: 23 g	8 %
Fibres: 1 g	4 %
Sugars: 8 g	
Protéines: 2 g	
Vitamin A	6 %
Vitamin C	2 %
Calcium	8 %
Iron	6 %
Magnesium	10 %
Manganese	40 %
Vitamin B12	10 %