



THOUGHTFUL COOKING WITH TINA

Flourless Apple Cake with Coconut & Lemon (GF, DF)

SERVES 10 · 1 HR 30 MIN · GLUTEN-FREE · DAIRY-FREE

A flourless apple cake with coconut and lemon — a wholesome, naturally sweetened twist on the Spanish Tarta de Santiago. Gluten- and dairy-free.

INGREDIENTS

200g dates, pitted
4 tbsp warm water
2 tbsp lemon juice (approx. one lemon)
300g Pink Lady apples (roughly cut into 1cm cubes)
2 tsp lemon juice
250g almond flour
30g shredded coconut
1 tsp baking powder
1/2 tsp baking soda
Pinch of sea salt
Zest from 1 lemon
2 large eggs
70g extra virgin olive oil
1 tsp extra virgin olive oil for greasing the cake tin
1½ tsp Ceylon cinnamon powder
1 tsp Madagascan vanilla paste

TOPPINGS

1 tbsp shredded coconut
Mint leaves
Drizzle of honey (optional)
Seasonal fruits, chopped (optional)

ALLERGENS

Eggs · Nuts

METHOD

1. Preheat the oven to 160°C (fan-assisted). Use a 20cm round cake tin with removable base. Line the bottom with a PFAS-free baking paper and grease the sides with the olive oil.
2. Soak the dates in warm water for 10-15 minutes. Once softened, use a high-speed blender to blend the dates with the juiced lemon and 4 tbsp of warm water, until you get a smooth paste. Set aside.
3. Cut the apples and toss them with 2 tsp of lemon juice to prevent browning and arrange them evenly at the bottom of the prepared cake tin, leaving a 2cm border clear around the edges to help the cake hold together after baking.
4. In a large bowl, combine all dry ingredients and mix well until there are no clumps.
5. In a separate bowl, whisk the eggs, olive oil, vanilla paste, and the lemon zest. Add the date paste to the wet mixture and stir until fully combined.
6. Pour the dry ingredients slowly into the wet mixture and fold gently with a silicone spatula until a thick, sticky batter forms.
7. Spoon the batter into the prepared cake tin and smooth the surface with a spatula. You can dip the spatula in some warm water to help you even the surface. Cover the cake with baking paper and foil and secure it at the edge of the cake tray, to prevent over-browning, and bake covered for 40 minutes. Remove the foil and paper for the final 5-10 minutes to allow the top to golden slightly.
8. Allow the cake to cool in the tin for 10 minutes, then transfer to a wire rack to cool completely.
9. Top with some shredded coconut, seasonal fruits and a drizzle of honey, before serving.

PER SERVING · estimated

~325 kcal · Protein ~7.5g · Fat ~25g · Carbs ~26.2g · Fibre ~6.0g