



Just-as-Sweet-as-Honey Cake



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



173 kcal

DESSERT

Ingredients



0.3 cup almonds sliced



1 cup apple sauce



1 tablespoon double-acting baking powder



2 teaspoons baking soda



1 tablespoon cinnamon



0.5 cup golden raisins dark



0.5 teaspoon ground cloves



0.5 teaspoon ground ginger

- ☐ 1 cup maple syrup dark pure
- ☐ 0.5 cup safflower oil
- ☐ 2.5 cups rice flour whole wheat
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 325° F.
- ☐ Combine the first 6 (dry) ingredients in a mixing bowl. Make a well in the center of the dry ingredients and pour in the wet ingredients. Stir together until the wet and dry ingredients are thoroughly combined, then stir in the raisins.
- ☐ Cut two pieces of baking parchment to fit the bottoms of two loaf pans. Lightly oil the sides. Divide the batter between the two lightly oiled loaf pans.
- ☐ Sprinkle the almonds evenly over the tops of the loaves.
- ☐ Bake for 40 to 50 minutes, or until a knife inserted in the center of a loaf tests clean. Take care not to overbake.
- ☐ Allow the cakes to cool completely. Use a knife to go around the sides of the loaves to loosen, if needed, and carefully remove the loaves from the pans by tipping them into your hand, then set on a platter.
- ☐ Cut each loaf into 12 slices to serve.
- ☐ From Vegan Holiday Kitchen: More Than 200 Delicious, Festive Recipes For Special Occasions by Nava Atlas. © 2011 by Nava Atlas. Published by Sterling New York, an imprint of Sterling Publishing.

Nutrition Facts



 **PROTEIN 7.02%**  **FAT 14.45%**  **CARBS 78.53%**

Properties

Glycemic Index:12.51, Glycemic Load:7.1, Inflammation Score:-1, Nutrition Score:4.3882609032418%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 173.25kcal (8.66%), Fat: 2.76g (4.24%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 30.38g (11.05%), Sugar: 16.31g (18.13%), Cholesterol: 0mg (0%), Sodium: 219.88mg (9.56%), Alcohol: 0.17g (100%), Alcohol %: 0.31% (100%), Protein: 3.01g (6.03%), Manganese: 0.66mg (33.02%), Vitamin B2: 0.29mg (16.83%), Fiber: 3.33g (13.3%), Calcium: 78.42mg (7.84%), Iron: 1.24mg (6.87%), Vitamin E: 0.88mg (5.86%), Potassium: 105.41mg (3.01%), Phosphorus: 29.84mg (2.98%), Magnesium: 11.01mg (2.75%), Copper: 0.04mg (1.9%), Zinc: 0.22mg (1.46%), Vitamin B1: 0.02mg (1.39%), Vitamin B6: 0.02mg (1.11%)