
VEGAN VANILLA, PEAR & STRAWBERRY CAKES



RSF, VGN



1 hr



8-12



Ingredients

- 3 ripe 'Williams' pears, blended (should make about 2 cups of puree)
- ½ cup pure maple syrup
- ⅓ cup coconut oil
- 2 cups whole spelt flour (or light buckwheat flour for a GF alternative)
- 1½ cups whole almond meal
- 1 tbs vanilla powder or extract
- ½ tsp baking powder
- ½ tsp fleur de sel (flaked sea salt)
- 250g (1 punnet) strawberries, finely chopped
- 8 extra strawberries, sliced for the top of the cakes
- 8 tbs coconut sugar, for sprinkling



Method

1. Pre-heat your oven to 180 degrees celcius.
2. Roughly chop the pears and blend with the maple syrup in a blender until smooth. Then pour into a large mixing bowl.
3. Add the coconut oil, spelt flour, almond meal, vanilla, baking powder, fleur de sel and mix well.
4. Next fold through the finely chopped strawberries.
5. Lightly grease an 8 hole mini loaf pan (or a 12 hole muffin pan).
6. Scoop the mixture evenly into the pan.
7. Place the sliced strawberries on top of each little loaf and sprinkle generously with coconut sugar.
8. Bake for 35 minutes.
9. Once cooked, remove from the oven and allow to cool slightly.
10. Serve warm with coconut yoghurt or natural yoghurt and a little extra pure maple syrup. Enjoy!

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