

Apple, Date & Caramelised Coconut Lumberjack Cake



By [Ashley Alexander](#)

During my childhood, my mum used to bake a variation of this cake. While the traditional recipe calls for generous amounts of butter and sugar, after numerous experiments, I discovered that I preferred the version with maple syrup and olive oil. This choice not only lightens the cake but also allows the distinct flavours of apples, dates, and coconut to shine. Additionally, it transforms the recipe into a somewhat 'healthier' alternative - a bit of a bonus!

SERVES 8-12 | **PREP TIME** 20 min | **COOK TIME** 60 min | **TOTAL TIME** 1 hour 20 min (+ cooling)

INGREDIENTS

Cake

- 2 large apples (roughly 350g), coarsely grated
- 1 1/4 cups (220g) pitted dates, finely chopped (approximately 10 large Medjool dates if using fresh Medjool)
- 1 teaspoon (6g) bi-carb soda
- 1/2 cup (120ml) boiling water
- 3/4 cup (150g) extra virgin olive oil
- 1/2 cup (150g) pure maple syrup
- 1 tablespoon (10g) vanilla bean paste or extract
- 1 egg
- 1 3/4 cups (235g) spelt flour or plain all-purpose flour (gluten-free baking blend for a gluten-free option)

- Small pinch salt

Topping

- 2 tablespoon (20g) extra virgin olive oil
- 1/3 cup (95g) pure maple syrup
- 1/2 cup (120g/125ml) milk of your choice (I've used oat)
- 1 cup (80g) shredded coconut
- 1 tablespoon (10g) vanilla bean paste or extract
- Small pinch of salt

METHOD

1. Preheat your oven to 180°C/350°F. Line a 31cm long loaf tin with greaseproof paper.
2. In a bowl, combine the grated apples, chopped dates, bi-carb soda, and boiling water. Allow the mixture to sit for 10 minutes.
3. In a separate bowl, whisk together the olive oil, maple syrup, egg, and vanilla.
4. Fold in the apple and date mixture into the wet ingredients.
5. Now, fold in the flour and add a small pinch of salt. Mix until just combined.

6. Pour the batter into the prepared loaf tin and bake for 40 minutes at 180°C/350°F.
7. While the cake is baking, let's prepare the topping. In a small saucepan, combine the topping ingredients and simmer for 2-3 minutes.
8. After the initial 40 minutes of baking, remove the cake from the oven. Add the warm topping to the top of the cake, spreading it evenly.
9. Bake the cake with the topping for an additional 20 minutes.
10. After 20 minutes, remove the cake from the oven and allow it to rest in the tin for 10 minutes before turning out and serving. Enjoy!

NOTES

Dates: If using Medjool dates, ensure they are pitted and finely chopped. If your dates are on the drier side, you can soak them in hot water for a few minutes before chopping.

Flour Options: You can use spelt flour if you prefer or a gluten-free baking blend for a gluten-free version.

Storage: Store the cake in an airtight container in the fridge for up to 5 days. The cake also freezes well.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/apple-date-caramelised-coconut-lumberjack-cake>

Let me know if you make the recipe! x **@gatherandfeast**