

Glimpse into ginger cake



I have been craving ginger cake for the past few days, and so when energy struck this afternoon, I gathered up any possible ingredients that I had around that could satisfy my desire! I have come up with a cake that is gluten free, egg free and low in fructose, and hopefully, tastes good (the smells of ginger are wafting past me as I type!). Today, I have tried out using carrot with my usual chia seeds as my egg substitute, as something different and healthy.

I am an avid user of chia seeds. In baking, mixed through quiona as a breaky, or blended in a smoothie, there are so many ways I enjoy using them. And of course, they are so good for you! They are very high in omega-3 fatty acids, which can help reduce inflammation, enhance cognitive performance and reduce high cholesterol. They also contain a lot of fibre, which is great for inflammation, lowering cholesterol and regulating bowel function. Antioxidants and minerals also add benefits to these great seeds, such as protecting the body from ageing and cancer, and maintaining good energy. They also assist in regulating insulin levels. Chia seeds assist in feeling full, which lowers food cravings, and assists in weight loss. They are also gluten and grain free, and a great egg substitute.

Ginger cake

Ingredients:

1 tablespoon white chia seeds

4 tablespoons of water

1 cup gluten free plain flour

3/4 cup gluten free self-raising flour

1/2 cup almond meal

1 1/2 teaspoons bicarbonate of soda

1 cup powdered dextrose

1 1/2 tablespoons ground ginger

1 1/2 teaspoons mixed spice

3/4 cup light olive oil

1 cup rice syrup

1 small carrot, finely grated

3/4 cup rice milk (or preferred substitute milk)



Preheat the oven to 180°C. Line a large cake tin with baking paper.

Mix the chia seeds with water in a small bowl. Set aside to soak for about 15 minutes.

Sift the flours, almond meal, bicarbonate of soda, dextrose, ginger and mixed spice into a large bowl.

Mix the oil, rice syrup, chia seeds, grated carrot, and milk in a large jug. Add to dry ingredients. Stir until combined.

Put mixture into the prepared pan. I scattered chopped pecans, desiccated coconut, and flaked almonds on the top. Do whatever takes your fancy, or what you have lying around!

{A syrup made of lemon or orange juice stirred over a low heat with dextrose would be nice (pour over the cooked cake), for example.}

Bake for 35 to 40 minutes, or until a skewer inserted into the centre comes out clean. It is quite a moist cake, so keep checking with your skewer!

Let the cake cool before turning out onto a wire rack to

completely cool.

Serve with fresh berries, icing sugar or cream if you can tolerate them, or by itself.

**If you are particularly sensitive to the fructose in nuts, you can replace the almond meal with an extra 1/2 cup of GF plain flour, and omit the nuts on top. Similarly, if you don't tolerate seeds well, or don't have any, you can replace the chia seeds with egg replacement powder for one egg, or use two carrots instead of one.

I hope that you enjoy! I am off to taste test mine now!...



No one took much persuading to help me taste test, and the vote was unanimous...edible and delicious! Phew! I think it would be good with extra walnuts or pecan nuts stirred in before it is cooked, for extra crunch! Served with raspberries would give a nice zing too!

