Glimpse into spiced pineapple syrup cake

With the wet weather recently, I have fancied a spiced fruity teacake! After an unsuccessful search with Mum one day for an open café that sold cake I could tolerate, I decided to sit at the kitchen bench and create one.
This cake is moist, gooey and tropical! It is delicious and decadent warm, and great cold!



Spiced Pineapple Syrup Cake.

Ingredients:

2/3 cup dairy free butter
3/4 cup dextrose
1/2 cup rice syrup
1/2 tablespoon vanilla extract

1/2 – 1 cup sliced tinned or fresh pineapple
1/4 – 1/2 cup chopped walnuts

1 1/2 cups dextrose
2/3 cup dairy free butter
3 flaxseed eggs (combine 3 tablespoons of ground flaxseed with 9 tablespoons of water and allow to sit for 15 minutes)
1 1/2 teaspoons vanilla extract
1 cup coconut milk
1 cup crushed tinned or fresh pineapple
2 cups gluten free plain flour
2 teaspoons gluten free baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon all-spice

Directions:

In a saucepan on low heat, melt 2/3 of a cup of dairy free butter with 3/4 of a cup of dextrose, 1/2 a cup of rice syrup, and 1/2 a tablespoon vanilla extract. When it is all well combined, remove from the heat.

Line a round baking tin with baking paper. Turn the oven on to 180 degrees Celsius.

Pour the melted syrup mixture into the prepared tin. Place desired amounts of sliced pineapple and nuts into the syrup layer.

In a mixing bowl, cream 1 1/2 cups of dextrose with 2/3 of a cup of soft dairy free butter.

Add 3 flaxseed eggs, and 1 1/2 teaspoons of vanilla extract.

Add 1 cup of coconut milk. 1 cup of crushed pineapple.

In a separate bowl, combine 2 cups of GF plain flour, 2 teaspoons of GF baking powder, 1/2 a teaspoon of baking soda, 1/2 a teaspoon of salt, 1/2 a teaspoon of cinnamon, 1/2 a teaspoon of all-spice.

Pour the cake mixture over the syrup and pineapple in the tin.

Cook on 180 degrees for 45 – 65 mins; until skewer comes out dry.



This cake might have a couple of slightly naughty ingredients, but it is a great deal healthier than most cakes, and even when you are eating a healthy diet, you need a treat from time to time!! You won't believe it is gluten, dairy, and egg free, and fructose friendly! It is delicious!

Note: I found the syrup was quite sweet, so if you prefer things less sickly sweet, make your syrup with either dextrose

or rice syrup, instead of the combination of sweeteners.