

ELDERBERRY-APPLE CAKE

MAKES 2 LB LOAF OR RING PAN

UTENSILS AND EQUIPMENT:

Parchment paper, peeler, paring knife, paddle mixer, food processor

- 1 1/2 Cups Elderberries - fresh frozen
- 1 Lb. Apples - diced
- 1/3 Cup Unsalted butter - soft
- 1 1/2 Cup Organic sugar or Tagatose or Xylitol
- 3 Eggs
- 1 1/2 Cups Organic white flour or All Purpose flour
- 1 tsp Baking powder
- 1 Juice lemon
- 1 Orange zest
- 1 tsp Cinnamon
- 1 tsp cloves
- 1/2 tsp sea salt

ALMOND STREUSEL TOPPING:

- 1/2 Cup Toasted ground almonds or other nuts
- 1/2 Cup All purpose flour
- 1/2 Stick (2 oz.) Unsalted butter - soft
- 1/3 Cup Organic sugar or Tagatose or Xylitol
- 1 tsp Vanilla extract
- 1 tsp Cinnamon
- 1 tsp Cardemom

All mixed with paddle - pulse quickly

1. Dice peeled apples in food processor. Mix with lemon juice.
2. Cream soft butter with sugar in electric mixer. Add eggs, spices, whip until fluffy. *Fluff*
3. Add diced apples and elder berries. Fold in slowly.
4. Fill parchment lined baking pan (for non-stick pan parchment not needed.)
5. Top evenly with streusel crumbs.
6. Bake at 325 F until firm -- 45 minutes.

Served as coffee or tea cake or as dessert with elder berry-apple sauce on plate and unsweetened whipped cream with crystallized ginger root garnish.



PRACTICAL POINTERS FOR RECIPES

ELDERBERRY APPLE CAKE

The key to this dense cake is to fill the baking pan not higher than 1- 1/2 " so with the streusel topping it has a crunchy texture. Best served at room temperature, cut into squares, rectangles or wedges. Good choice for tea time to replace scones or sugar saturated cookies like Oreos.

- 1/2 tsp sea salt
- 1 tsp cloves
- 1 tsp Cinnamon
- 1 tsp Orange zest
- 1 tsp Juice lemon
- 1 tsp Baking powder

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