



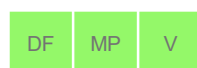
Apple Cake

Serves 12

2 cups (250g) all-purpose flour
3 tsp. baking powder
1 cup (180g) coconut sugar
1 egg
2 apples, peeled, cored and cut into chunks
½ cup coconut oil, melted

What you need to do

1. Preheat the oven to 360°F (180°C). Prepare an 8-inch (20cm) baking tin lined with baking paper.
2. Place the flour, baking powder and sugar into a large bowl and mix well. Add in the egg and melted coconut oil and stir until combined.
3. Now add in the apples; using your hands incorporate them into the batter.
4. Place the batter into the lined tin and bake for 35-40 minutes. Once ready remove from the oven and allow to cool. Store this cake in an airtight container.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	227	10	36	2

*Nutrition per serving