



PUMPKIN AND CINNAMON CAKE WITH COCONUT GANACHE

Wholesome, warming, light and tasty...these are the words used to describe this cake by Recipe creator Sarah Follent. A cake to warm the insides? We'll just have to try and see!

Ingredients:

Cake

3 free range eggs

1/2 cup coconut milk

1/2 cup filtered water

1/3 cup coconut oil

zest and juice of one orange

1 whole vanilla bean

1 teaspoon bicarb soda

4 teaspoons of ground cinnamon or cinnamon quillings powder

3/4 cup desiccated coconut

2 cups of natural almond meal (activated almond meal is preferred by Sarah for this recipe as it behaves differently in soaking up the wet ingredients. If you have only natural, you may need to add an additional 1/4-1/2 cup to get the right consistency for baking).

2 tablespoons honey

2 cups of shredded/grated raw pumpkin

Ganache

270ml can of coconut cream

zest and juice of one orange

1 tablespoon of tahini

1/2 cup desiccated coconut

Method:

Cream the coconut oil and milk, water, vanilla bean, bicarb soda, orange zest/juice and eggs using a mix master or kitchen aid.

Pour the mixture into a large mixing bowl and then slowly add in the remaining ingredients except the pumpkin - stirring until well combined.

Now stir in the grated pumpkin, adding extra water if the mixture feels too dense (this can happen due to differences between vegetables).

Pour the mixture now into a lined cake tin and cover with foil.

Bake in an oven at 180°C for an hour (removing the foil half way through).

Allow to cool.

Using a food processor or blender, cream the coconut cream and tahini for the ganache.

Add the orange juice and zest and once well combined, stir in the desiccated coconut.

Spread evenly over the cooled cake and sprinkle with spices. Enjoy!

Gluten Free | Dairy Free | Refined Sugar Free

If you'd like to see more from Sarah you can visit her [website here](#)