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Ayurvedic cake with dried fruits

Ingrediënten

- 250 g coconut oil, extra virgin Amanprana
- 200 g spelt flour
- 2 tsp baking powder
- 200 g unsweetened soy yoghurt
- 1 tsp mixed spice
- Flaked hazelnuts (if you like)
- 150 g Gula Java coconut blossom sugar (palm sugar), Amanprana
- 1 cup dried and stoned dates, raisins and apricots, cranberries, wild figs

Extra info

Recept geschikt voor:

1 stuks

Moeilijkheid:

Vorbereidingstijd:

minuten

Bereidingstijd:

30 minuten

Totale bereiding:

30 minuten

Gebruikte producten

De Amanprana producten die gebruikt zijn bij het maken van ayurvedic cake with dried fruits

- [Coconut oil](#)
- [Coconut blossom sugar](#)

Bereiding

Soak the dried fruits overnight and then drain. Cut the fruits finely or grind them. Keep a little aside for garnish. Heat the oven to 180°C. Mix the Gula Java (palm sugar), the baking powder, the flour, the finely chopped fruits and the mixed spice together. Melt the coconut oil and add to the mixture. Mix until smooth. Stir in the soy yoghurt. It is important for the structure of the cake that the yoghurt is added at the last moment. Place a sheet of parchment paper in a cake tin and fill with the cake mixture. Bake the cake for 20 to 30 minutes in the oven. Then spoon over the rest of the dried fruits. Garnish with hazelnut flakes. Recipe from the Ayurveda cookbook by Lies Ameeuw

Speciale wensen

- [Vegetarian](#)
- [Vegan](#)
- [Ayurveda](#)