

Nourishing Apple Pecan Coffee Cake

Ingredients:

½ cup Coconut Oil

½ cup Maple Syrup

2 Eggs

1 cup Gluten Free Flour*

1 cup Almond Flour (if you do not have almond flour, place 1 cup of almonds in your blender, and blend)

1 tsp Baking Soda

1 tsp Baking Powder

1 cup cooked Quinoa (cook 1/3 cup uncooked Quinoa)

2 tsp Cinnamon

1 tsp Cloves

2 tsp Ground Flax

3 sliced Apples (recommend Galas)

½ cup chopped Pecans

½ cup chopped Walnuts

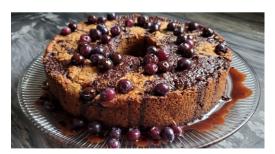
2/3 cup Chocolate Chips (optional) *

2 tsp Vanilla

*I enjoy the <u>Namaste Foods</u> Gluten Free Perfect Flour Blend

* The <u>Enjoy Foods</u> Chocolate Chips is very tasty and contains no gluten, dairy, corn or soya. Prep Time: Cook Time: Total Time:

20 minutes 35 to 40 minutes 60 minutes



Directions:

- 1. Preheat oven to 350. You can bake this in a bundt pan, a 10 inch spring form pan, muffin or mini tart pan. The important piece, prepare your pan.
- 2. Mix ground flax with 1/4 cup water and let stand for 20 minutes.
- 3. Mix all ingredients together and then spoon into the Bundt
- 4. Bake for 35 to 40 minutes
- 5. Set aside and let cool

Chocolate Drizzle

- 1. Melt 2 tbsp coconut oil in a small pot on the stove on medium heat
- 2. Add 4 tbsp cacao.

Once cake is cool drizzle chocolate and add your favourite berries.