

## 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 [Namaste Foods Gluten Free Perfect Flour Blend](#)

\* The [Enjoy Foods](#) Chocolate Chips is very tasty and contains no gluten, dairy, corn or soya.

### Prep Time:

20 minutes

### Cook Time:

35 to 40 minutes

### Total Time:

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 Pan.
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.