



# Caramel Apple Upside-Down Cake

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**Recipe Notes:** This recipe makes a small cake, for a larger one, double the ingredients, use a standard-size cake tin and cook for approx 25 minutes.

## Ingredients:

- 1C Light spelt flour
- 1/2t Baking soda/bicarbonate of soda
- 1/8t Salt
- 1t Cinnamon
- 3T Coconut sugar
- 1/2C + 1T Non-dairy milk
- 3T Sunflower oil (or other neutral oil) (For Lower Fat sub 2T apple purée + 1T oil)
- 1 Medium dessert apple, cut into fairly thin slices
- 2T Coconut Oil
- 1 1/2T Coconut Sugar

## Method:

Preheat oven to 180C/350F.

<http://coconutandberries.com/2013/09/29/caramel-apple-upside-down-cake-vanilla-cashew-cream/>

Sift dry ingredients together in a large bowl. Whisk together sunflower oil and non-dairy milk. Add wet to dry and stir gently to combine.

Lightly oil the sides of a small cake tin (mine was 6 1/2")

Add 2T Coconut oil to tin and place in oven for a few seconds to melt. Sprinkle coconut sugar over the oil and arrange the apple over the top, as close together as possible in one layer.

Pour the cake batter over the top carefully, ensuring not to disturb the apple slices.

Place in oven and bake for 15 minutes. Let cool for 1 minute then invert onto a plate.

Serve warm with Vanilla Cashew Cream, coconut cream, non-dairy ice cream or custard.

**Serves:** 4-6