

# Ginger Cake

with Maple Cashew Sauce

## Cake

2 cups brown rice flour	½ tsp baking soda
½ cup tapioca flour	½ tsp sea salt
2 tsp baking powder	2 tsp ginger powder
1½ tsp xanthan or guar gum	2 tsp cinnamon
½ tsp ground cloves	
½ cup melted coconut oil or extra virgin olive oil; refined coconut oil will have no coconut taste	
½ cup maple syrup	
½ cup blackstrap molasses	
½ cup water	
1 Tbsp vanilla extract	

## Maple Cashew Sauce

½ cup raw cashews  
2-3 Tbsp maple syrup  
1 tsp vanilla  
2-3 Tbsp water

Preheat oven to 350°F. Oil an 8x8" square baking pan  
Combine dry ingredients in medium bowl. In a separate bowl, combine the wet ingredients.  
Add the wet to the dry and mix well with a wire whisk. Pour batter into oiled baking pan and bake for ~25minutes.

For the sauce, place all ingredients in a blender and blend until smooth and creamy.  
Let cake cool ~10minutes. When ready to serve, slice cake and drizzle each piece with the maple cashew sauce.

Source: [The Whole Life Nutrition Cookbook](#); Alissa Segersten and Tom Malterre MS, CN

---

## Notes from Shelby: *This recipe was a hit on Thanksgiving!*

- Measuring cake spices: I did not flatten each spoonful for a perfect measure; there was likely a bit more.
- I double the recipe for the sauce... because it's *that* good!
- I added ~½ tsp ground cardamom seeds... because I love the flavour
- Baking time: the oil makes this really moist and therefore challenging to determine when the cake is fully baked. After the recommended 25minutes, I found the cake too 'gooey' so I left it in the oven (turned 'off') for an additional ~30minutes while we ate dinner. Still moist... and divine!

*Bon appétit!*