



'ONTBIJTKOEK' - SPICED BREAKFAST CAKE

vegetarian; grain-free; for adults too; great for lunchboxes

Makes 2 mini loaves - 14½ x 8 cm (5½ x 3")

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The original ontbijtkoek is made with wheat or rye flour, sugar and milk – this recipe is my gluten, dairy and sugar-free adaptation!

Ontbijtkoek (Dutch for Breakfast Cake) is another food I remember fondly from my childhood. My dad is Dutch and we would often have this 'cake' at my Ouma's house with our afternoon tea. Traditionally, it is eaten for breakfast.

It is more of a spiced bread than a cake and with my addition of butternut, it makes for a wholesome and nutritious breakfast or afternoon snack. Traditionally served with a thick layer of butter spread over it, I use almond butter instead – it is delicious!

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- 1¼ cups almond flour*
- 3 organic eggs
- ¼ t. Himalayan or sea salt
- 1 T. cinnamon
- 1 t. nutmeg
- 1 t. ground ginger
- ½ t. cloves
- ½ cup butternut, roasted, cooled and mashed (*it is important to not steam the butternut as it will have too much moisture for the bread*)
- 3 T. raw honey
- 2 T. unsulphured blackstrap molasses
- 1 T. coconut oil, melted
- ½ t. baking soda
- ½ t. aluminium-free baking powder

Preheat the oven to 180°C (350°F).

Grease two 14½ x 8 cm (5½ x 3") loaf pans. Line the bottom of the pans with parchment paper to ensure the loaves fall out easily once cooked.

Place the almond flour and eggs in a large mixing bowl and beat with an electric beater for 2 minutes. This allows the rather dry almond flour to absorb some moisture before being cooked.

Add the salt, cinnamon, nutmeg, ginger, and cloves and beat to mix.

In another mixing bowl beat together the butternut, honey, molasses and coconut oil. Add this mixture to the almond flour mixture.

Add the baking soda and baking powder and beat until combined.

Scoop the batter into your prepared loaf pans and bake for 40 minutes, until a knife inserted into the middle comes out clean.

Place the cake on a wire rack to cool, then wrap in tin foil for 24 hours before eating – this creates the delicious sticky crust!

Cut and serve as is, or pop in the toaster and spread with butter.

The remaining cake can be stored in a sealed container for up to 3 days. For longer storage, freeze slices for up to 1 month.

*I recommend making your own almond flour by grinding soaked and dehydrated almonds.

