

# INGREDIENTS

- 2 Oranges
- 1 cup Caster or Coconut Sugar
- 6 Eggs
- 1/3 cup Almond Butter
- Pinch salt
- 250g Almond Meal
- 1 tsp Baking Powder
- Zest & Juice 2 oranges
- 2 Cardamom Pods, crushed to split
- ½ cup Honey
- ½ cup Sliced Almonds, toasted

# INSTRUCTIONS

1. Wash the oranges, place in a deep pot, cover with cold water, bring to the boil then turn down and simmer for approx. 2 hours, topping up the water throughout the cooking.
2. Remove from the water and puree the whole oranges in a blender.
3. Preheat an oven to 180C.
4. Grease and line the base of a 24cm springform cake tin.
5. Place the orange puree into a mixing bowl and add the sugar, eggs, almond butter and salt, whisk well to dissolve the sugar.
6. Add the almond meal and baking powder and fold through.
7. Pour the cake batter into the prepared cake tin and bake for 40 minutes, turning the cake halfway through cooking. Check it is ready by inserting a clean, dry skewer or small knife and if it comes out clean the cake is ready.
8. Meanwhile, place the orange zest, juice, cardamom and honey in a small pot and reduce by ½ over a medium/high heat. Set aside but reheat to pour over the cake.



## Almond, Orange & Cardamom Syrup Cake



Makes 1 Cake



180 minutes

This cake is so simple with delicious moist results from the high content of the almonds. Serve with your favourite yoghurt, cream or ice cream if desired.

9. When the cake is ready, let it cool for 10 minutes then turn the cake out onto a plate, removing the baking paper.
10. Pierce the still warm cake all over with a skewer then pour the hot orange syrup all over to soak into the cake.
11. Serve the cake scattered with shaved almonds

Tip:

The orange puree can be prepared the day before.

