Gluten Free Strawberry and Ricotta Honey Cake

INTERMEDIATE • 1 HOUR

This beautiful gluten-free cake will really put a spring in your step! It is made with cannellini beans instead of butter, Capilano honey instead of refined sugar and is brimming with the rich creaminess of ricotta and toasty almond meal. A lovely cake to share with friends and family at peak strawberry season!

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Intermediate	20 mins	40 mins	10-12

Ingredients

- 400g can no-added-salt cannellini beans, rinsed, drained
- 70g (¼ cup) natural yogurt
- 3 tsp vanilla bean paste
- 4 eggs
- 125g Capilano Organic Raw Honey
- 40g (¼ cup) plain flour (or gluten-free plain flour)
- 2 tsp baking powder
- 1 tsp cinnamon, ground
- 150g almond meal

To Serve
- 125g (½ cup) smooth ricotta
- 50g Capilano Organic Raw Honey
- 130g (½ cup) natural yogurt
- 400g fresh strawberries (½ for garnish, ½ for sauce)
- 2 tbsp Capilano Organic Raw Honey, extra

Used in this recipe

Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste
Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic
This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you

Method

1. Preheat oven to 160°C (fan-forced). Grease and line base & sides of a 20cm cake tin with baking paper. Combine honey and eggs in the bowl of a stand mixer Whisk until pale and thick, approx. 5-6 mins.

2. In a food processor combine drained cannellini beans, 70g yogurt, cinnamon and vanilla. Blend until smooth.

3. Add beans to egg mixture and sift flour, baking powder, almond meal on top. Gently fold on low speed until just combined being careful not to lose too much air in the mixture.

4. Transfer mixture to prepared cake tin and bake for 40 mins. Check cake with a skewer in the middle - if it comes out clean the cake is ready. If it still needs a little more time, cover cake with foil and bake for an additional 10 mins until an inserted skewer comes out clean. Allow to cool completely before icing.

5. Prepare strawberry sauce by combining 200g of strawberries with honey and vanilla in a blender. Pulse until smooth and keep chilled until ready to serve.

6. For icing, place ricotta, honey, 130g yogurt and vanilla in the bowl of a stand mixture with paddle attachment. Mix on medium speed until smooth and voluminous. If too runny, chill until the mixture firms up again.

7. Use a spatula to dollop into middle of cake and gently spread to sides of cake, just before serving. Icing will be soft and slightly runny.

8. Top with fresh strawberries and strawberry sauce to serve.

need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes here.