

Savory Healing Cake

A savory cake that's light in texture and beaming with cancer fighting properties! Turmeric, cinnamon, ginger and coriander spice give this cake a hefty dose of antioxidant and anti-inflammatory goodness. Walnuts, almonds, oats and dried fruit provide satiating fiber and heart-healthy fats.

Ingredients

WET

- 3 whole eggs
- 4 tablespoons maple syrup
- 1 teaspoon vanilla extract
- ¼ cup nut milk (almond, cashew, etc.)
- 1 teaspoon baking soda
- 1 tablespoon apple cider vinegar
- 2 tablespoons lemon juice
- 2 tablespoons vegetable oil

DRY

- ¾ cups oat flour
- ½ cup almond meal
- ½ teaspoon sea salt
- 1 tablespoon ground turmeric
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground coriander
- ¼ cup chopped walnuts
- ¼ cup chopped dried apricots
- ¼ cup dried blueberries

Nutrition Facts (1 of 10 slices): 210 calories and 6 g protein

Instructions

1. Preheat the oven to 350 degrees F. Grease a standard loaf pan with cooking spray or olive oil.
2. In a small mixing bowl, beat eggs with maple syrup, vanilla extract, and vegetable oil. In another small bowl combine almond milk, apple cider vinegar, lemon juice and baking soda.
3. In a large mixing bowl, combine all the dry ingredients. Pour the wet ingredients, both the egg mixture and the almond milk mixture, into the dry ingredients and stir to combine. A loose runny batter will form.
4. Pour the batter into the loaf pan and bake for 40 minutes or until golden brown.



Nutrition Tips:

- If you are losing weight, top with a spread to boost calories: almond butter, cream cheese, Greek yogurt, butter or margarine.
- This cake is soft and moist, which may be a good option if you have mouth sores.
- The combination of turmeric, cinnamon, coriander and ginger are a powerhouse of spices, providing antioxidant and anti-inflammatory effects!
- Curcumin, the main component in turmeric, is a potent phytonutrient with antioxidant, anti-inflammatory and cancer fighting properties. Studies have suggested that curcumin may be even more influential than vitamin E in fighting free radical damage.
- Walnuts are an excellent source of heart-healthy omega-3 fat, and they also have antioxidant and anti-inflammatory qualities.

Recipe provided by Alexandra Regalado, MGH dietetic intern 2017.