

BLUEBERRY UPSIDE-DOWN CAKE

INGREDIENTS:

4 tbsp coconut oil
1/3 cup plus 3tbsp organic brown rice syrup
1 ½ cup fresh organic blueberries
Sea salt to taste
1 cup kamut flour
1 tsp baking powder
¼ cup rice or almond milk
1 organic egg, beaten
½ very ripe banana

DIRECTIONS:

- 1) Preheat oven to 350°F
- 2) Heat 1 tbsp oil with 2 tbsp brown rice syrup gently over low heat until syrup is runny and easy to spread.
- 3) Spoon mixture evenly over bottom of greased 1 quart soufflé dish
- 4) Arrange blueberries evenly to soufflé dish, sprinkle with sea salt
- 5) Mash banana with almond milk
- 6) In a mixing bowl combine the remaining ingredients (don't forget the remaining oil and syrup). Mix until you have a smooth consistency.
- 7) Carefully spoon the batter over the blueberries, you do not want to disturb them
- 8) Bake for approximately 40-45 min or until center of the cake springs back when gently touched
- 9) To remove from pan run a knife around the edge of the pan and invert onto your serving platter. Any blueberry mixture that remains in the pan can be spooned onto the cake after it has been plated.
- 10) Serve warm

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