



RASPBERRY & LAVENDER BAKE

Ingredients

100g brown rice flour
100g oat flour
100g coconut sugar
1 teaspoon baking powder
½ teaspoon bicarb of soda
100g apple puree
Brine from 1 x can chickpeas
50ml almond milk
30ml Mr Fitzpatrick's Raspberry & Lavender no added sugar cordial
1 teaspoon vanilla extract
100g fresh or frozen raspberries
To decorate -
3 tablespoons coconut milk powder
2 teaspoons raspberry powder
2 tablespoons maple syrup
2 tablespoons water
Freeze-dried raspberries
Dried rose petals

How to

1. Preheat the oven to 180 degrees C and grease and line a loaf tin.
2. Mix together the flours, coconut sugar, baking powder and bicarb in a bowl.
3. Whisk together the apple puree, chickpea brine, almond milk, cordial and vanilla until frothy.
4. Pour this into the dry ingredients and stir well to combine. Fold in the raspberries gently.
5. Spoon into the tin and smooth out evenly. Bake for 35-40 minutes until firmed up and golden. Leave to cool then pop out of the tin and onto a wire rack. Whisk together the coconut milk powder, raspberry powder, water and maple syrup until you have a slightly runny consistency.
6. Drizzle this over the loaf then sprinkle over the freeze-dried raspberries and rose petals.