

*Cake for breakfast? Yes, with this dough for guilt-free pleasure!*

## Wholesome Cakebase



### Ingredients for 15 portions à 80 g

- 2 cups of wholegrain flour (400g)
- 3 spoons soy flour (45 g)
- 1 packet of pitted dates (150g)
- 2 glasses of water (400 ml)
- ½ cup of rapseed oil (100ml)
- 2 teaspoons bicarbonate (10g)

### Equipment

- Big mixing bowl
- Teaspoon, spoon, cup and glass OR kitchen scale for measuring ingredients
- Cooking pot with lid, stove
- Blender, whisk and spatula
- Baking paper, cake tray (25x30cm OR 2 loaf trays), oven

### Health Benefits

Wholegrain and dates bring a whole lot of **fibre** into this recipe, no refined carbohydrates make sure that blood sugar rises slowly after enjoying this cake.

No eggs or dairy products, therefore you take up **zero unhealthy fats** with this cake. Instead vegetable oil provides some **essential fatty acids** your body needs!

Caution - If you are not used to wholegrain products it is important to drink enough (at least 1,5l of water each day) otherwise constipation is likely!

This recipe can easily be modified to turn it into a juicy lemon-ginger cake, orange carrot cake, chocolate brownie or whatever you want to try!

Nutritional value:		
	Whole cake	Per portion (80 g)
Energy (kcal)	2.940	196
Carbs (g)	356 (112 g s.)	24 (8 g sugar)
Fat (g)	124	8
Protein (g)	72	5
Fibre (g)	54	4

### Instructions

First, pour water into a cooking pot, add the dates, close the lid and bring it to boil, leave it slightly simmering until the dates are soft enough to blend them (~10 minutes).

In the meantime, put flour and baking soda into the bowl and mix it well so the rising agent will be distributed in all areas of the dough so the cake can rise evenly. In a glass, combine the soy flour with 6 spoons of water (1 spoon soy flour and the double amount water substitute one egg.) to get a slimy paste.

If you want to add any ingredients such as (4 spoons of) cocoa powder, (1 cup of) ground or chopped nuts, any ground spices (like anise, cinnamon, cloves, nutmeg..), (500g of) grated carrots or zucchini, do that now so it will be best distributed throughout the cake.

Next, blend the dates with their cooking water and add this mixture to the big bowl. Pour in the oil and combine everything well until you have a smooth dough with the texture of soft ice cream. If it is too sticky and not soft enough add some more water.

Prepare your baking tray with baking paper so you can put the dough in and bake it for about 40 minutes at 170°C. Try to stick in and pull out a clean butterknife or knitting needle, if dough sticks to it the cake needs some more time in the oven.