

Gluten Free Thursday: Vegan Carrot Applesauce Cake – Introducing Sorghum Flour!

Ingredients:

Difficulty: Easy

(makes 1 cake using a springform cake pan, 24cm in diameter)

a little bit of vegetable oil (or melted coconut oil) to grease the cake pan

1/2 cup / 1.2 dl buckwheat flour (in Finnish: tattarijauho)

3/4 cup / 1.8 dl sorghum flour (in Finnish: durrajuho)(Risenta brand sorghum flour, you can find it in K-supermarket in Kamppi, in gluten free flours section)

3/4 cup / 1.8 dl potato starch (in Finland, it is potato starch, and its name in Finnish: perunajauho)

1 tsp xanthan gum (in Finnish: ksantaani, you can find this in many markets in baking ingredients sections or in gluten free ingredients sections)

1/4 tsp salt

1/2 tsp baking powder

1 1/2 tsp baking soda

1 1/4 cups / 3 dl light brown sugar (coconut sugar works too)

1 tsp cinnamon

1/2 cup / 1.2 dl olive oil

1 cup / 2.4 dl applesauce (you can find it in almost any market, next to jams and marmalades)

2 tbsp lemon juice

2 medium size carrots (about 150 gr.), peeled and grated

Instructions:

1. Preheat the oven to 180C. Grease a 24cm springform (or another kind) cake pan and line its base with baking paper, put aside.

2. Put all the dry ingredients in a medium size bowl and whisk a little (dry ingredients: in the list above, starting from buckwheat flour, ending with cinnamon). Put aside.

3. In an electric mixing bowl (or you can also easily make it by hand whisk), put olive oil, applesauce and lemon juice and beat it until they mix well.

4. Add dry ingredients mixture and continue beating until the ingredients are incorporated. Scrape the sides of the bowl if needed.

5. Add carrots and beat until carrot pieces are distributed evenly inside the batter.

6. Put the batter inside the prepared cake pan and smoothen the surface. Put the pan in the oven, in medium rack, and bake for about 40-45 minutes, until a toothpick inserted in the middle comes out clean. Leave in the pan for 20 minutes after baking, before you take it out of the pan. Let the cake cool down to room temperature before serving. Enjoy!