

GOODNESS FLOUR

Goodness Gluten-free Cake

Good texture, not too sweet. Specially designed for wholegrain flour.
An excellent base to add your fresh fruit, spices and nuts.

Gluten
free



Goodness Gluten-free Cake

- 50g Brown Rice Flour
- 50g Buckwheat Flour
- 40g Sorghum Flour
- 40g tapioca starch
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- Pinch of vanilla / a splash of vanilla essence
- 150g raw sugar (or a combination of brown & raw sugar to suit your seasonal produce)
- 2 large eggs
- 140g (150ml) olive oil (use a good quality, fresh oil with a mild flavour, or melted butter, or a combination of oil & butter)
- 175g (170ml) milk

1. Grease and line a cake tin. (Works well in a 21cm round tin)
2. Preheat the oven to 180°C.
3. Using a coarse, open sieve, sift the flours, baking powder, baking soda and salt into a large mixing bowl. (You don't want to remove the bran, so the coarse sieve is just to remove any husks and to break up any salt / baking powder clumps.)
4. Remove the sieve. Add the sugar and vanilla and set aside.
5. In a medium sized bowl, whisk your oil / melted butter and eggs together. Mix in the milk.
6. Pour the wet blend into the flour blend. Mix everything together gently with a spoon or spatula.
7. Pour the mixture into the prepared tin.
8. Bake for 45 - 50 minutes, or until a skewer poked in the middle comes out clean.

If you decide to use cocoa powder, just remember to increase the milk quantity.