



# Queen Elizabeth Cake

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic  
By: Cuisine l'Angélique

PORTIONS: 12

PREPARATION: 25 MINUTES

COOKING: 25-30 MINUTES

## INGREDIENTS

### Cake:

- 220 g (1 1/2 cups) dates, pitted and halved
- 250g (1 cup) water
- 235 g (1 2/3 cups) all-purpose flour *"La Merveilleuse"*
- 5 ml (1 tsp) baking powder
- 2.5 ml (1/2 tsp) baking soda
- 1 ml (1/4 tsp) salt
- 2 large eggs (110 g)
- 120g (1/2 cup) honey
- 85g (1/3 cup) applesauce
- 65 g (1/3 cup) light olive oil
- 5 ml (1 tsp) vanilla extract
- 50 g (1/2 cup) walnuts, chopped

### Sugar cream filling:

- 70g (1 cup) shredded, unsweetened coconut
- 180 g (1 cup) brown sugar (or 110 g (1/2 cup) sucanat if you follow the hypotoxic diet)
- 60 ml (4 tbsp) cream (or soy cream for a dairy-free version)
- 90 ml (6 tbsp) butter (or margarine for a dairy-free version)

## PREPARATION

### Cake:

1. Preheat the oven to 350° F (180° C). Oil a 9-inch x 13-inch (23 cm x 33 cm) pan.
2. In a saucepan, bring dates and water to a boil. Cover and cook over low heat until smooth. If necessary, crush the dates with a pestle once they are cooked.
3. In a bowl, combine flour, baking powder, baking soda and salt. Set aside.
4. In another bowl, combine egg, honey, applesauce, oil and vanilla extract. Beat with an electric mixer until frothy (about 2 minutes). Add the mashed dates and beat again.
5. Stir the dry mixture into the liquids and beat using an electric mixer, until the mixture thickens (about 1 minute). Add the nuts and mix.
6. Pour the dough into the pan and bake on the centre rack of the oven for 25 to 30 minutes or until a toothpick inserted in the centre comes



## NUTRITION FACTS

Per portion 180 Calories

|                        |      |
|------------------------|------|
| Fat: 10 g              | 15 % |
| Saturated 4,5 g        |      |
| Trans 0 g              | 23 % |
| Polyunsaturated: 1 g   |      |
| Omega-6: 0,7 g         |      |
| Omega-3: 0,2 g         |      |
| Monounsaturated: 4,5 g |      |
| Cholesterol: 25 mg     |      |
| Sodium: 75 mg          | 3 %  |
| Carbohydrate: 22 g     | 7 %  |
| Fibres: 2 g            | 8 %  |
| Sugars: 10 g           |      |
| Protéines: 2 g         |      |
| Vitamin A              | 2 %  |
| Vitamin C              | 2 %  |
| Calcium                | 6 %  |
| Iron                   | 6 %  |
| Magnesium              | 10 % |
| Manganese              | 25 % |
| Vitamin B12            | 10 % |

out clean. Remove from oven.

**Topping:**

1. In a small saucepan, bring the topping ingredients to a boil. Simmer for 2 minutes, stirring frequently.
2. Spread over cake and return to oven for 5 minutes. For those who prefer a slightly "crunchy" icing on top, simply set the oven to grilling mode (broil), watch carefully, and remove from the oven as soon as the filling begins to brown.