



Nutmeg & Olive Oil Cake

Preheat the oven to 180°C fan forced, 200°C regular

Ingredients:

3 eggs, medium sized (or if vegan, 3 tablespoons psyllium husk powder)

½ cup/120mls extra virgin olive oil

½ cup/120mls plain natural yoghurt, or water or milk if low histamine

1 medium-sized unwaxed lemon*, finely grated rind/zest & its juice

⅓ cup/60g coconut sugar or brown sugar or honey (more if you like it sweeter)

2 heaped teaspoons ground nutmeg or freshly grated nutmeg

1 heaped cup/150g buckwheat flour or oat flour (or if you can tolerate gluten then use spelt or wholewheat flour)

1 heaped cup/150g ground nuts (nut flour), such as ground up raw almonds or ground up mixed nuts*

1 ½ teaspoons baking powder

*If you are following a low histamine way of eating then leave out the lemon zest/juice, and sub in an extra 30mls liquid. Plus use any low histamine nuts/seeds ground up (hemp, pumpkin, macadamia, pistachio). Swap yoghurt for water or milk.

Method:

Put all the ingredients in a bowl and mix until well combined.

Check the sweetness level. I tend to under sweeten my cakes, so if it's not quite sweet enough for you then add a bit more honey or sugar.

Tip the mixture into a baking paper lined cake tin (roughly 21 cm diameter is best).

Bake for 30-40 minutes. Use a skewer to check whether the cake is done. Leave to cool in the tin.

Once cooled eat as is or add some cashew nut cream or natural unsweetened yoghurt* with some honey & cinnamon swirled through it.

I paired this cake with some fried apple pieces that I flavoured with a little cinnamon.

*Or if you are following a low histamine way of eating then use fresh whipped cream or make some hemp seed cream (using my recipe for cashew nut cream found on YouTube, simply swap for hemp seeds).

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