

celebrate
LOW GI STYLE
summer

MINI BUNDT CAKES WITH
WHITE CHOCOLATE & CRANBERRY
COMPOTE RECIPE



the source
BULK FOODS

MINI BUNDT CAKES

WITH WHITE CHOC & CRANBERRY COMPOTE

SERVES 12

Mini Bundt Cakes

135g organic white flour
100g blanched almond meal
¾ tsp baking powder
¼ tsp bicarb soda
¼ tsp salt
70g Low GI Sugar
4 free range eggs
90g butter, softened
190mL buttermilk
2 tsp vanilla essence
2 tbs orange zest

Cranberry Compote

1 cup fresh cherries, seeded and diced
¼ cup dried cranberries, diced
¼ cup Inca berries, diced
¼ cup dried strawberries, diced
¼ cup orange juice
2 tbs Low GI Sugar

Garnish

100g white chocolate, melted
1 kiwifruit, peeled and diced

METHOD

To prepare Bundt cakes:

Preheat oven to 180°C conventional or 160°C fan forced.

Lightly grease the inside of 12 mini Bundt pans with butter.

In a medium bowl, combine flour and almond meal, baking powder, bicarb soda and salt.

In a separate bowl, using a hand or bench mixer, cream the butter and sugar until pale and fluffy.

Add vanilla essence, then eggs one at a time and blend until well combined. Stir in orange zest.

Alternate adding the buttermilk and flour mixture, each time stirring gently with a spatula until just combined.

Pour the batter equally into the prepared mini Bundt pans.

Bake for 15- 20 minutes or until the top is firm to the touch and an inserted skewer comes out clean.

Cool in the pan for five minutes then turn cakes out onto a wire rack.

To prepare cranberry compote:

Dice the cherries and dried fruit. In a small saucepan, combine all compote ingredients and bring to the boil. Gently simmer uncovered for 15 minutes, stirring occasionally.

To serve:

Place each cake upside down on to a plate. Lightly drizzle with melted white chocolate and top each with 1 ½ tbs cherry and cranberry compote. Finish with freshly diced kiwifruit.

LOW GI SUGAR is a fantastic alternative to regular sugar as it is digested and metabolised more slowly. The result of this is a lower and slower rise in blood glucose levels.