



VEGAN AND GLUTEN-FREE SWEET POTATO POUND CAKE WITH MAPLE ORANGE GLAZE

INGREDIENTS:

- 2 cups mashed sweet potato
- 2 sticks plant butter
- 2 teaspoon cinnamon
- 1.5 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 1/3 cup maple syrup
- 2 fleggs*
- 2 tablespoon apple cider vinegar
- 2 teaspoon baking soda
- 3 cups gluten-free flour
- 2 teaspoon vanilla
- 1/2 cup organic applesauce*

DIRECTIONS:

1. Preheat oven to 350, grease Bundt pan.
2. Cream butter and maple syrup together for 3-5 minutes.
3. Sift together nutmeg, salt, cinnamon, baking soda, and flour.
4. Add mashed sweet potatoes and vanilla to butter and maple syrup mixture. Beat until well-blended. Add vinegar and blend in.
5. Add fleggs and beat until well-incorporated.
6. Add flour mixture and beat until combined. Do not over mix.
7. Pour into cake pan. Drop pan on counter 2-3 times to get rid of any air pockets.
8. Bake for 40-45 minutes or until a toothpick inserted comes out clean.
9. Remove from oven and let cool in pan for 10 minutes. Place a plate over the the pan and invert the pan to release the cake. Let cool for another 45 minutes to 1 hour and then apply Maple Orange Glaze (see recipe below).

NOTES:

- A flegg is a combination of ground flaxseed and water. To prepare, mix 2 tablespoon of ground flaxseed with 6 tablespoon of water. Place in refrigerator while you re gathering your other ingredients. Whisk it a couple of times and the consistency should be thick like an egg yolk.
- Use organic applesauce without excess added sugar.



MAPLE ORANGE CAKE GLAZE

INGREDIENTS:

- 1 cup confectioners' sugar
- 1/4 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1/4 teaspoon vanilla
- 1 tblspn maple syrup
- 1 tblspn orange juice
- 1 tblspn water, more to desired consistency

DIRECTIONS:

1. Sift first 3 ingredients into a bowl.
2. Add next 4 ingredients and whisk together. Glaze should be thick but somewhat pourable (not runny).
3. Add more water in teaspoon increments to reach desired consistency.
4. Pour over cooled bundt cake and enjoy! Works well on cookies too!