

Gluten-free Maple Walnut Cake

Created by Felicia Watson, M.S., FSHN graduate student

Ingredients:

1 cup chopped pitted dates
½ cup boiling water
1 cup brown rice flour
¾ cup quinoa flour –OR– amaranth flour
1 cup chopped toasted walnuts, divided
¾ teaspoon baking soda
1/3 teaspoon salt
1 large egg
¾ cup maple syrup, preferably dark amber, grade B
¼ cup canola oil
4 tablespoons unsalted butter, melted
2 teaspoons cider vinegar
1 tablespoon vanilla extract

Glaze:

2 tablespoons maple syrup
1 teaspoon cider vinegar
¾ cup confectioner's sugar, gently packed
1 – 2 teaspoons water, as needed

Directions:

Preheat oven to 325°F. Coat a 10-inch springform pan with cooking spray.

Place dates in a small bowl. Pour boiling water over them to soak. Let cool to room temperature.

Process brown rice flour, quinoa flour, 2/3 cup walnuts, baking soda and salt in a food processor until the walnuts are completely ground and the mixture resembles coarse meal. Transfer to a medium bowl and make a well in the center of the bowl.

Puree the dates and soaking water in the food processor until smooth, scraping down the sides as necessary. Add egg, ¾ cup syrup, oil, butter, 2 teaspoons vinegar and vanilla and process until smooth and creamy. Scrape the date mixture into the well in the dry ingredients and stir together gently until just combined. Transfer to the prepared pan.

Nutrition Facts

Serving Size 1 slice
Servings Per Container 12

Amount Per Serving

Calories 350 **Calories from Fat** 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 160mg **7%**

Total Carbohydrate 49g **16%**

Dietary Fiber 3g **12%**

Sugars 30g

Protein 4g

Vitamin A 2% • Vitamin C 0%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Bake the cake until a skewer or toothpick inserted in the center comes out clean, 25 – 30 minutes. Transfer to a wire rack and let cool completely. Run a knife around the edges to loosen the cake, if necessary, and remove the sides of the pan.

To glaze the cake, carefully lift the cake from the pan bottom and place on a cake stand or serving plate. Whisk maple syrup, vinegar and confectioners' sugar in a small bowl. Add water, 1 teaspoon at the time, if necessary to make a spreadable consistency. Spread the glaze evenly over the top of the cake, then decorate with the remaining 1/3 cup walnuts.

Yield: 12 servings

Adjusted for 5,000 feet—will work from 3,500 -6,500 feet.

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