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.
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.