

2 HONEY CAKES

SAME DIRECTIONS

INGREDIENTS FOR HONEY CAKE # 1

- 3/4 C Egg substitute
- 1 1/3 C Honey
- 1 1/2 C Sugar substitute
- 1 C Coffee (black) (strong)
- 2 t Baking powder
- 3 T Earth Balance margarine for baking
- 1 t Baking soda
- 4 C Whole wheat pastry flour **OR** gluten-free flour of your choice
- 1 t Cinnamon
- Non-stick cooking spray



INGREDIENTS FOR HONEY CAKE # 2

- 1 C Egg substitute
- 1 C Honey
- 1 C Sugar substitute
- 1 C Healthy oil **OR** Applesauce
- 1 t Vanilla
- 4 C Whole pastry flour **OR** gluten- free flour of your choice
- 1 t Baking powder
- 1 t Baking soda
- 2 t Cinnamon
- 1/4 t Nutmeg
- 1 pinch Ginger
- 1/2 t Cloves (ground)
- 12 oz Coffee (black) (cooled)
- 1 Apple (peeled) (cored) (grated)
- 1 C Raisins
- Non-stick cooking spray



DIRECTIONS YOU CAN USE FOR BOTH RECIPES

- 1 Pre-heat oven to 350F
- 2 Spray 2 loaf tins with non-stick cooking spray
- 3 Mix all ingredients together in the order they're listed
- 4 Pour into loaf pans & bake for approximately 1 hour - do the toothpick test to be sure it's done

NOTES

Traditional honey cakes are usually made in loaf tins but you can also use a 9 x 13 pyrex dish

