

# Flourless Orange Cake

Perfect for those who are on a gluten free and dairy free diet, this Flourless Orange Cake is plain in appearance but definitely not plain in flavour. It consists of pureed whole oranges, which makes it fabulously fragrant and hard to resist.



I love making this cake, because of its modest list of ingredients. Made without oil, milk or butter, this cake is moist and lighter than you would expect.

**Preparation Time:** 1 3/4 hrs  
8 – 10 slices

**Cooking Time:** 1 hr    **Servings:**

## Ingredients

- 2 medium oranges
- 6 eggs

- 250 g (9 oz) almond meal
  - 200 g (7 oz) caster sugar
  - 1 tsp baking powder
- 

## Instructions

1. Boil whole oranges for 1½ hours in enough water to just cover.
  2. Drain and cool. Cut into quarters.
  3. Prepare a 20 cm/8" tin. (Note 1)
  4. Place oranges in a food processor and puree. (Note 2)
  5. Preheat oven to 180 C/350 F.
  6. Beat the eggs and caster sugar until light and fluffy.
  7. Stir in the orange puree, almond meal and baking powder.
  8. Pour the mixture into the tin.
  9. Bake for 1 hour or until skewer comes out clean. (Note 3)
  10. Cool in tin before turning out.
  11. Serve with orange segments, cream, ice cream or Greek yoghurt.
- 

## Notes

1. I prefer to grease my baking tins with a little oil or butter, and dust lightly with flour on the base and sides. Gently knock out any excess flour. It just saves a little time and is less fiddly than measuring and cutting out baking (parchment) paper.
2. I tend to blend the entire orange, pips and all.
3. Bake on a lower rack in the oven to prevent top browning too quickly. If the top does brown too quickly, cover it loosely with foil and continue to bake.

---

In the past couple of months, I have made at least 6 of these cakes. I owe this to my 18 year old navel orange tree which yielded a very giving 300 oranges this season. That's the best we've ever had!

Being navel oranges, they are very sweet and their skin is very thin, making them perfect for this cake. The cooked peel gives it a slightly zesty flavour that is very, very moreish. If you like to have golden flecks of orange through your cake, puree the oranges so that mixture is smooth but the small flecks of peel are still visible.



My preference is to eat this cake with a generous dollop of Greek yoghurt (yes, I do use a lot of Greek yoghurt) and a small stack of citrus segments. But if your weakness is for thick rich cream, then do so, just don't let your doctor know!!

Danielle