



RECIPE
Vegan Upside-down
Apple Cake



NOURISH
FOOD SCHOOL

RECIPE

Vegan Upside-down Apple Cake

SERVES
6-9 servings

LEVEL
A bit tricky

TIME
1 hour

INGREDIENTS

2 eating apples
25g (vegan-friendly) butter
130g muscovado sugar (split into 50g and 70g)
120g plain flour
1/2 teaspoon bicarbonate of soda
1/2 teaspoon mixed spice
50ml vegetable oil
1 lemon

You will need a thin cake tin or something similar.

HOW TO MAKE IT

1. Peel the apples then grate one and thinly slice the other.
2. Grease and line your cake tin with baking paper and pre-heat your oven to 180C.
3. Melt the butter and 50g of the sugar in a pan on a low heat. Once melted and golden, pour into the cake tin and carefully arrange the sliced apples on top.
4. Next, mix the flour, bicarbonate of soda, mixed spice and the remaining 70g of sugar together in a bowl.
5. In a separate bowl, mix together the vegetable oil, juice of 1/2 the lemon and the grated apple.
6. Mix the wet ingredients into the bowl of dry ingredients, until just combined and there are no pockets of dry flour.
7. Pour the cake batter on top of the sliced apples in the cake tin and bake for 30 minutes.
8. Leave to cool a little before flipping the cake over onto a plate and peeling off the paper to reveal your toffee'd apple slices.

SERVE JUST AS IT IS OR WITH A SCOOP OF PLAANT-BASED ICE CREAM