

# Jill's Joyful Kitchen

## Cardamom Apple Spice Cake

2 ¼ cups white spelt flour  
2 teaspoons baking powder  
1 tsp baking soda  
½ teaspoon salt  
2 teaspoons cinnamon  
½ teaspoon cardamom (freshly ground if possible)  
½ teaspoon freshly ground nutmeg  
1 cup applesauce, unsweetened  
¾ cup nondairy milk  
1 tablespoon vanilla extract  
2/3 cup maple syrup  
1 cup apples, peeled and chopped (optional)  
½ cup chopped dates, pitted (optional)  
Coconut Oil (for oiling the baking dish)

Preheat the oven to 350 degrees. Lightly grease an 8 inch square glass baking dish with coconut oil (you can also use a 9 inch round cake pan). Place all the dry ingredients in a large bowl and sift with a wire whisk. In a separate bowl, blend the applesauce, nondairy milk, vanilla, and syrup until smooth. Pour the wet ingredients into the dry ingredients and mix to combine. Gently fold in the diced apples and chopped dates using. Cook 40 minutes or until a toothpick inserted comes out clean. Let cool and then sprinkle with powdered sugar and a dollop of nondairy whipped cream.

