



Brittany Angell's
Allergen Free
Cakes

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Tools of the trade:

- Small Offset Spatula: Using a small one makes frosting cake easy in my opinion.
- Round Cake boards: Just trust me.. they are inexpensive and will allow you to transport your beautiful cake with ease.
- A kitchen scale: If you want your cake to turn out exactly like mine- that only guaranteed way for that to happen is if you use the gram measurements. Every measuring cup is a little different, as is how each person fills said cup. Without precision results can range dramatically.
- Springform Pans: I ONLY bake my cakes in springform pans. It guarantees that the cake will not ever get stuck and break when you try to tap it out of the pan.. because lets face it..Nothing is worse than when that happens.
- Then of course make sure you have the usuals- mixing bowls, a few good spatulas, and an oven :)

Classic Cream Cheese Frosting

2 packages or 16 oz cream cheese or dairy free cream cheese
4 tbsp butter or dairy free butter, room temperature
5 cups powdered sugar or powdered xylitol or powdered honey
1 tbsp vanilla extract

Using a stand mixer or hand blender, blend all the ingredients until smooth.

Dairy Free Cream Cheese Frosting

1/2 cup coconut butter
1/2 cup plus 1 tablespoon Spectrum vegetable shortening
1/4 cup plus 3 tablespoons raw honey 1 1/2 tablespoons lemon juice
1/4 teaspoon xanthan gum or guar gum
Pinch of salt

- Melt the coconut butter in the microwave for 30 seconds to 1 minute.
- Combine the melted coconut butter, shortening, honey, lemon juice, xanthan gum, and salt in a food processor and pulse until smooth and creamy.
- Refrigerate until just hardened, 2 to 3 hours. If you leave the frosting in the fridge for more than a few hours, it may become too hard to spread. If this happens, place the frosting back in the food processor to get it soft and fluffy again for spreading.

Buttercream 2 ways

Classic Buttercream

- 12 tbsp butter (1 1/2 sticks) salted butter
- 2 1/4 Cups of powdered sugar, or powdered honey OR powdered xylitol
- 1/4 Tsp Vanilla Extract
- 4 Tbsp Shortening
- 2 Tbsp Water or Milk

AIP/ Dairy Free Buttercream

- 1 1/2 cups palm shortening
- (2 1/2 cups) powdered granulated honey or powdered xylitol or powdered sugar.
- (2 tbsp) coconut milk or cream,
- 1 tbsp vanilla extract
- 1/4 tsp sea salt

Flavor Variations

- **Vanilla Mint:** To either version add 1/2 tsp peppermint extract. Green food color optional.
- **Almond:** To either version add 3 tsp almond extract.
- **Coconut:** To either version add 2 tsp coconut extract.
- **Strawberry, Blueberry, Raspberry or Pineapple.** Using any 1 ounce bag of freeze dried fruit. Place the fruit in a coffee grinder or food processor to turn into a powder. Pour the powder into the frosting and whip in until fully mixed. (Note: Various fruits will add some color to the frosting and really great flavor).
- **Matcha:** Add 1-2 tsp's (or more to taste) of ceremonial grade matcha. Whip until fully mixed. This frosting will end up a lovely green color.

Chocolate or AIP Carob Buttercream

- Simply Add 1/4 Cup of Cocoa Powder to the Classic Buttercream recipe. OR Add 1/4 cup of sifted Carob Powder to the AIP Buttercream recipe.

How to Make Buttercream

All of the buttercream recipes above make enough to frost a 1 layer 9 inch round or square cake. If you opt to make a double layer 7 inch cake (cut into 2 or 4 layers) I recommend doubling the recipes.

To make any of the buttercream recipes simply add slightly softened butter (and or shortening at room temp) to the bowl of a mixer, or using a regular bowl with a hand mixer and beat until fluffy and smooth.

All of the frostings can be stored in the fridge and saved for a month or longer. I recommend letting the frosting sit out a bit to soften before frosting your cake as it will go on the smoothest and easiest this way.

Peanut Butter Frosting

- 1/2 cup of salted butter softened
- 1 cup of creamy peanut butter
- 2 cups of powdered sugar or powdered xylitol
- 1 TBSP Vanilla Extract
- 2 Tbsp Milk (Dairy or Nondairy)

Blend all ingredients in a stand mixer or in a bowl using a hand mixer until smooth and fluffy. Store extra in the fridge for up to 1 month.

Cake Making Tips:

- Use the gram measurements. Its the only guaranteed way that your cake will turn out as its supposed to.
- Always preheat your oven!
- Always oil and flour your pans to prevent sticking.
- For cake that comes out perfect every time- use springform pans. You'll never have to worry about a broken or stuck cake.
- Get your cakes into the oven right away after mixing, as soon as combined with liquid the baking powder starts working- you want that to happen IN the oven, not on the kitchen counter.
- Give your cakes time to cool! Otherwise they may break when you take them out of the pan.
- Never cut into a hot cake as the much of the moisture will escape and your cake will end up dryer than intended.
- How to frost: Put a small dollop of frosting in the center of the cake plate, and place the first cake layer on top. This will keep the cake from moving as you work. Use an offset spatula to frost the top, add the next layer, then coat the whole cake with a thin layer of frosting. (This “crumb coat” holds loose crumbs in place.) Place the cake in the freezer for 15 minutes, then remove and finish frosting, starting with the top, then the sides.
- Whenever possible- store your cakes at room temperature as gluten free and grain free cakes are more likely to dry out quicker. If you need to store the cake in the fridge overnight or for a day, it wont ruin it- but the rule of thumb is that it will always taste best left at room temp.



Coconut Flour Vanilla Cake

- 5 large eggs
 - 138 grams milk (dairy or nondairy) (about 1/2 cup plus 2 tablespoons)
 - 1 Tbsp Vanilla extract
 - 56 grams shortening (about 1/4 cup) (I use spectrum)
 - 78 grams Organic Cane Sugar OR xylitol (about 3/4 cup)
 - 84 grams coconut flour (about 1/2 cup)
 - 88 grams potato starch (about 1/2 cup)
 - 1/4 Tsp of Xanthan or Guar Gum
 - 2 teaspoons lemon juice
 - 1/4 teaspoon salt
 - 1 tablespoon double-acting, aluminum- free baking powder
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- Make the cake. Preheat the oven to 350 degrees. Oil a 9 inch cake pan and dust it with potato starch. (You can also use two 6 inch rounds or 3 of anything smaller - if you would like a tiered cake)
 - Beat the eggs until they have a bunch of air bubbles - you can do this in a bowl OR my shortcut is placing the eggs in a blender.
 - Add the vanilla, shortening, sugar and milk. Either beat until smooth (or blend on high for 30 seconds to one minute) Then set aside.
 - Mix together the dry ingredients in a bowl and then pour in the liquid. Stir until smooth and then add in the lemon juice. Pour into the prepared cake pan- tap to make sure its even and place into the oven for 25-28 minutes until its firm and a toothpick can be inserted and comes out clean.
 - Let cool completely before removing from the pan- and set aside to cool while making the frosting.

Gluten Free /Vegan Vanilla Cake

- 1/2 cup superfine white rice flour (80g)
 - 1/4 cup sweet rice flour aka 'glutinous rice flour' (33g)
 - 1/3 cup potato starch (59g)
 - 3 tbsp tapioca starch (24g)
 - 1/4 tsp sea salt
 - 1/2 cup organic cane sugar or xylitol
 - 1/8 tsp (for a more tender cake) OR 1/4 tsp (for a more sturdy cake) xanthan or guar gum
 - 2 1/2 tsp double acting baking powder (if doubling the recipe, use 1 tbsp total)
 - 1/3 cup spectrum vegetable shortening (64g)
 - 1 cup heavy cream or full-fat melted coconut cream from a can (do not use the coconut water) (124g)
 - 2 tsp vanilla extract
 - 1/4 cup applesauce (64g)
 - 1 tbsp vinegar or lemon juice
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- Preheat oven to 350. Oil and flour with starch one 9x9 cake pan (for a single batch) or two 7" springform pans (for a double batch).
 - In a stand mixer, mix the dry ingredients, then add the wet ingredients until a smooth batter forms.
 - Pour batter into your baking dish and bake for 28-30 min for 1 batch. 36-40 minutes for a double batch. You know the cake is done when an inserted toothpick comes out clean and the cake feels firm to touch,
 - Let the cake cool completely before removing from the pans and before frosting.

Almond Flour Vanilla Cake

- (288 grams) 2 cups blanched almond flour
 - (88 grams) 1/2 cup of Potato Starch
 - (33 grams) 1/4 cup of Tapioca Starch
 - 3/4 cup of Organic Cane Sugar
 - 1 1/4 tsp. Baking Powder
 - 1/4 tsp salt
 - (64 grams) 1/3 cup of shortening
 - 2 large eggs
 - 1 Tbsp Vanilla Extract
 - (100 grams) 1/2 cup of water
 - 1 Tsp Lemon Juice or Vinegar
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- Preheat oven to 350 degrees. Prepare either 2 - 6 inch round cake pans OR 1 9 inch cake pan by greasing it and then dusting with potato or tapioca starch. Set aside.
 - In a large bowl combine all cake ingredients. Whisking until totally smooth (using a stand mixer is also an option)
 - Pour into prepared cake pan(s) and place in the oven (on the middle rack) 30-35 minutes until the cake feels firm to touch and a toothpick can be inserted and comes out clean.
 - Allow the cake to cool 30 minutes to an hour before removing from the pan.
 - Frost if you wish once fully cool.

Autoimmune Paleo Vanilla Cake

3/4 cup (126 grams) Coconut Flour
3/4 Cup (99 grams) Arrowroot (Or tapioca) starch
1/4 cup (31 grams) Ottos Cassava Flour
1/4 tsp of Salt
2 Tsp. Baking SODA
1/2 Tsp Cream of Tarter
3/4 Cup (216 grams) Honey
1/2 cup + 2 tbsp (100 grams) Shortening
Vanilla scraped for 1 fresh pod (optional)
1 1/4 Cup (305 grams) of Applesauce
1/4 Cup + 1 1/2 Tbsp (77 grams) Boiling Water
2 Tbsp Lemon Juice
1 3/4 Tbsp Gelatin

- Preheat oven to 350 degrees. Place a ring of parchment in the bottom of 2 - 6 inch cake pans.
- Mix together the Coconut flour, Arrowroot, Cassava Four, Salt, Baking soda, Cream of tarter, Honey, Shortening . Vanilla and Applesauce. (The batter will be VERY thick. Please use gram measurements for the recipe to turn out correctly)
- In a small separate bowl whisk together the boiling water, Lemon juice and Gelatin. Then Pour it into the big bowl. Mix again (Note that the batter will still be very very thick- not like traditional cake batter)
- Place half of the batter in each prepared cake pan. Place a spatula under running water and use the wetness to smooth out the batter in the pan. Re-wet the spatula as many time as you need to create a smooth top to the cakes. (If you skip this -the cakes will look very odd).Once the tops of the cakes are smooth, cover each pan with tinfoil
- place in the oven for 35-45 minutes or until a toothpick comes out clean and the tops are firm the touch.
- Please note: Due to the unique ingredients and honey used this cake does not end up a white color. Its more like a light brown cake with darker edges. These edges wont take burnt- its super delicious and is soft. It has a texture just like banana bread (but without that flavor)

Keto / Low Carb Vanilla Cake

8 Large Eggs

½ cup of Palm Shortening (76 grams)

½ cup of Coconut Flour (84 grams)

½ cup of xylitol (100 grams)

1 Tsp. Liquid Stevia

1 Tbsp Vanilla Extract

¼ Tsp Salt

¼ Tsp of xanthan or guar gum

1 Tsp. Baking Powder

- Preheat the oven to 350 degrees. Grease a 9 inch round cake pan or two 6 inch pans. (I highly recommend using springform pans for easiest removing as this cake doesnt tend to stick)
- Place the eggs in the bowl of a food processor or stand mixer. Blend on high until the eggs are fluffy.
- Add in the shortening, blend again until smooth. Then add all the remaining ingredients.
- Pour into cake pan(s) evenly and bake for 35-40 minutes until a toothpick comes out clean. Let cool completely before removing from pan(s) and decorating.
- Store frosted cake at room temp or in the fridge for up to 3 days or freeze for another day.
- To make Keto Frosting: Select either the chocolate or vanilla buttecream and use powdered xylitol in place of the powdered sugar.

Coconut Flour Chocolate Cake

- 72 grams coconut flour (about 2/3 cup plus 2 tablespoons)
 - 88 grams potato starch or sweet potato starch (about 1/2 cup)
 - 25 grams cocoa powder (about 1/4 cup)
 - 1 tablespoon double-acting, aluminum-free baking powder
 - 1/8 teaspoon sea salt
 - 1 avocado, pitted, peeled, and pureed
 - 4 large eggs
 - 165 grams organic cane sugar (about 1 cup)
 - 134 grams milk (dairy or nondairy) (about 1/2 cup plus 2 tbsp)
 - 44 grams spectrum shortening (about a scant 1/4 cup)
 - 1 cup chocolate chips (optional)
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- Preheat the oven to 350 degrees. Oil and flour (with starch) an 9" cake pan or two 7" springform pans.
 - In a food processor or blender, briefly mix together the coconut flour, potato starch, cocoa powder, baking powder, and salt. Add the rest of the batter ingredients, except the chocolate chips, and process until smooth. Stir in the chocolate chips if desired.
 - Pour the batter into the prepared cake pan(s). Bake for 40 minutes or until a toothpick inserted comes out clean.
 - Remove the cake from the oven and allow it to cool in the pan. Frost once cool.

Gluten Free/Vegan Chocolate Cake

- 1/2 cup superfine white rice flour (80g)
- 1/4 cup sweet rice flour aka 'glutinous rice flour' (33g)
- 1/3 cup potato starch (59g)
- 3 tbsp tapioca starch (24g)
- 1/4 tsp sea salt
- 1/2 cup organic cane sugar or xylitol
- 1/8 tsp (for a more tender cake) OR 1/4 tsp (for a more sturdy cake) xanthan or guar gum
- 2 1/2 tsp double acting baking powder (if doubling the recipe, use 1 tbsp total)
- 1/4 cup cocoa powder (24g)
- 1/3 cup spectrum vegetable shortening (64g)
- 1 cup heavy cream or full-fat melted coconut cream from a can (do not use the coconut water) (124g)
- 2 tsp vanilla extract
- 1/4 cup applesauce (64g)
- 1 tbsp vinegar or lemon juice

- Preheat oven to 350. Oil and flour with starch one 9x9 cake pan (for a single batch) or two 7" springform pans (for a double batch).
- In a stand mixer, mix the dry ingredients, then add the wet ingredients until a smooth batter forms.
- Pour batter into your baking dish and bake for 28-30 min for 1 batch. 36-40 minutes for a double batch.
- PLEASE NOTE: If you are using coconut cream, make sure to use only the cream, no water! It will ruin the cake.
- If you want the most tender cake possible, stick with the 1/8 tsp of xanthan. If you are making a layered cake that needs to slice thinly and hold up the layers, use 1/4 tsp and the cake will be more sturdy, but still incredibly delicious.

Almond Flour Chocolate Cake

(288 grams) 2 cups blanched almond flour
(88 grams) 1/2 cup of Potato Starch
(33 grams) 1/4 cup of Tapioca Starch
(33 grams) 1/4 cup of cocoa powder
3/4 cup of Organic Cane Sugar
1 1/4 tsp. Baking Powder
1/4 tsp salt
(64 grams) 1/3 cup of shortening
2 large eggs
1 Tbsp Vanilla Extract
(165 grams) of milk (dairy or nondairy) *water will also work!
1 Tsp Lemon Juice or Vinegar

- Preheat oven to 350 degrees. Prepare either 2 - 6 inch round cake pans OR 1 9 inch cake pan by greasing it and then dusting with potato or tapioca starch. Set aside.
- In a large bowl combine all cake ingredients. Whisking until totally smooth (using a stand mixer is also an option)
- Pour into prepared cake pan(s) and place in the oven (on the middle rack) 30-35 minutes until the cake feels firm to touch and a toothpick can be inserted and comes out clean.
- Allow the cake to cool 30 minutes to an hour before removing from the pan.
- Frost if you wish once fully cool.

Autoimmune Paleo Carob Cake

- 3/4 cup (126 grams) Coconut Flour
 - 3/4 Cup (99 grams) Arrowroot (Or tapioca) starch
 - 1/4 cup (31 grams) Ottos Cassava Flour
 - 1/4 cup (24g) carob powder
 - 1/4 tsp of Salt
 - 2 Tsp. Baking SODA
 - 1/2 Tsp Cream of Tarter
 - 3/4 Cup (216 grams) Honey
 - 1/2 cup + 2 tbsp (100 grams) Shortening
 - 1 1/4 Cup (305 grams) of Applesauce
 - 1/4 Cup + 3 1/2 Tbsp (105 grams) Boiling Water
 - 2 Tbsp Lemon Juice
 - 1 3/4 Tbsp Gelatin
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- Preheat oven to 350 degrees. Place a ring of parchment in the bottom of 2 - 6 inch cake pans.
 - Mix together the Coconut flour, Arrowroot, Cassava Four, Salt, Baking soda, Cream of tarter, Honey, Shortening and Applesauce. (The batter will be VERY thick. Please use gram measurements for the recipe to turn out correctly)
 - In a small separate bowl whisk together the boiling water, Lemon juice and Gelatin. Then Pour it into the big bowl. Mix again (Note that the batter will still be very very thick- not like traditional cake batter)
 - Place half of the batter in each prepared cake pan. Place a spatula under running water and use the wetness to smooth out the batter in the pan. Re-wet the spatula as many time as you need to create a smooth top to the cakes. (If you skip this -the cakes will look very odd).
 - Once the tops of the cakes are smooth, cover each pan with tinfoil and place in the oven for 35-45 minutes or until a toothpick comes out clean and the tops are firm the touch.
 - Please note: Due to the unique ingredients and honey used this cake does not end up a white color. Its more like a light brown cake with darker edges. These edges wont take burnt- its super delicious and is soft. It has a texture just like banana bread (but without that flavor)

Keto/ Low Carb Chocolate Cake

- 8 eggs
 - ½ cup palm shortening (76g)
 - ½ cup coconut flour (84g)
 - ½ cup xylitol (100g)
 - 1 tsp liquid stevia
 - 1 tbsp vanilla extract
 - ½ tsp salt
 - 1 tsp baking powder
 - ⅓ cup cocoa powder (32g)
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- Preheat oven to 350 and grease two 7” springform pans or one 9” cake pan with cooking spray or oil. I highly recommend using springform pans for easiest removing as this cake doesn’t tend to stick)
 - In a food processor, stand mixer, or with hand beaters, beat eggs for a couple minutes until fluffy. Then add the rest of the ingredients and mix batter until well-incorporated.
 - Pour into cake pan(s) evenly and bake for 35-40 minutes until a toothpick comes out clean. Let cool completely before removing from pan(s) and decorating.
 - Store frosted cake at room temperature, in the refrigerator for up to 3 days, or freeze for another day.
 - To make Keto Frosting: Select either the chocolate or vanilla buttecream and use powdered xylitol in place of the powdered sugar.



Chocolate Espresso PB Cake

- 1 cup superfine white rice flour (160g)
 - 1/2 cup sweet rice flour aka 'glutinous rice flour' (66g)
 - 2/3 cup potato starch (118g)
 - 6 tbsp tapioca flour (948g)
 - 1/4 cup + 2 tbsp cocoa powder
 - 2 tbsp fine coffee grounds
 - 3/4 cup + 2 1/2 tbsp organic cane sugar or xylitol (146g)
 - 3/4 tsp sea salt
 - 1/8 tsp xanthan gum
 - 1 tbsp baking powder
 - 2/3 cup spectrum vegetable shortening (128g)
 - 2 cups heavy cream or full-fat coconut milk from a can, water mixed (248g)
 - 1/2 cup strong brewed coffee (110g)
 - 4 tsp vanilla extract
 - 1/2 cup applesauce (128g)
 - 1 tbsp vinegar
 - 1 batch of peanut butter frosting (PAGE)
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- Preheat oven to 350. Oil and flour with starch two 7" springform pans or one 9x9 cake pan.
 - In a stand mixer, mix the dry ingredients, then add the wet ingredients until a smooth batter forms.
 - Pour batter into your baking dish and bake for 40-43 minutes.
 - Meanwhile, make the peanut butter frosting by mixing all the ingredients in a stand mixer until smooth.
 - Allow the cake to cool completely to lock in the moisture. Then carefully slice the cake horizontally to create 4 layers.
 - Frost the top of each layer.
 - Do a crumb coat of frosting, refrigerate for 30 minutes, then frost again. Top with peanut butter cups.

Jelly Donut Cake

Donuts:

1/2 cup superfine white rice flour (80g)

1/4 cup sweet rice flour aka 'glutinous rice flour' (33g)

1/3 cup potato starch (59g)

3 tbsp tapioca starch (24g)

1/4 tsp sea salt

1/2 cup organic cane sugar or xylitol

1/4 tsp xanthan or guar gum

2 1/2 tsp double acting baking powder (if doubling the recipe, use 1 tbsp total)

1/3 cup spectrum vegetable shortening (64g)

1 cup heavy cream or full-fat melted coconut cream from a can (do not use the coconut water) (124g)

2 tsp vanilla extract

1/4 cup applesauce (64g)

1 tbsp vinegar or lemon juice

Glaze:

1 cup powdered sugar or powdered xylitol

2 tbsp dairy free milk or water

Rainbow Sprinkles

- Make a double batch of the gluten free/vegan vanilla cake. Let cool and set aside. (PG..)
- Make a batch of Buttercream Frosting set aside
- Make the donuts: Preheat oven to 350. Oil and flour with starch one doughnut baking pan.

In a stand mixer, mix the dry ingredients, then add the wet ingredients until a smooth batter forms.

Pour batter into your baking dish and bake for 20 minutes.

Meanwhile, whisk together the glaze ingredients.

Once the doughnuts are completely cool, set them on a wire rack with a baking sheet underneath and drizzle the glaze over the doughnuts. Add the sprinkles while the glaze is wet.

- Assemble the cake placing a layer of stawberry jam between each layer. Frost with vanilla buttercream.

Red Velvet Cake

1/2 cup superfine white rice flour (80g)
1/4 cup sweet rice flour aka 'glutinous rice flour' (33g)
1/3 cup potato starch (59g)
3 tbsp tapioca starch (24g)
1/4 tsp sea salt
1/2 cup organic cane sugar or xylitol
1 tbsp cocoa powder
1/8 tsp (for a more tender cake) OR 1/4 tsp (for a more sturdy cake) xanthan or guar gum
2 1/2 tsp double acting baking powder (if doubling the recipe, use 1 tbsp total)
1/3 cup spectrum vegetable shortening (64g)
1 cup heavy cream or full-fat melted coconut cream from a can (do not use the coconut water) (124g)
2 tsp vanilla extract
1 1/2 tbsp Lorann Professional Kitchen Red Velvet Emulsion (or experiment with any red food coloring you'd like)
1/4 cup applesauce (64g)
1 tbsp vinegar or lemon juice

- Preheat oven to 350. Oil and flour with starch one 9x9 cake pan (for a single batch) or two 7" springform pans (for a double batch).
- In a stand mixer, mix the dry ingredients, then add the wet ingredients until a smooth batter forms.
- Pour batter into your baking dish and bake for 23 min for 1 batch. 46 minutes for a double batch.
- Let cool completely before frosting. Pair this cake with either a buttercream frosting or cream cheese frosting.

Yellow Cake w/ Chocolate Frosting

5 Egg Yolks (from large eggs)

3 Large Eggs

179 grams milk (dairy or nondairy) (about 3/4 cup plus 1 tablespoons)

1 tsp Vanilla extract

56 grams shortening (about 1/4 cup) (I use spectrum)

1/2 Tsp. Turmeric for added yellow color (optional)

78 grams Organic Cane Sugar OR xylitol (about 3/4 cup)

84 grams coconut flour (about 1/2 cup)

88 grams potato starch (about 1/2 cup)

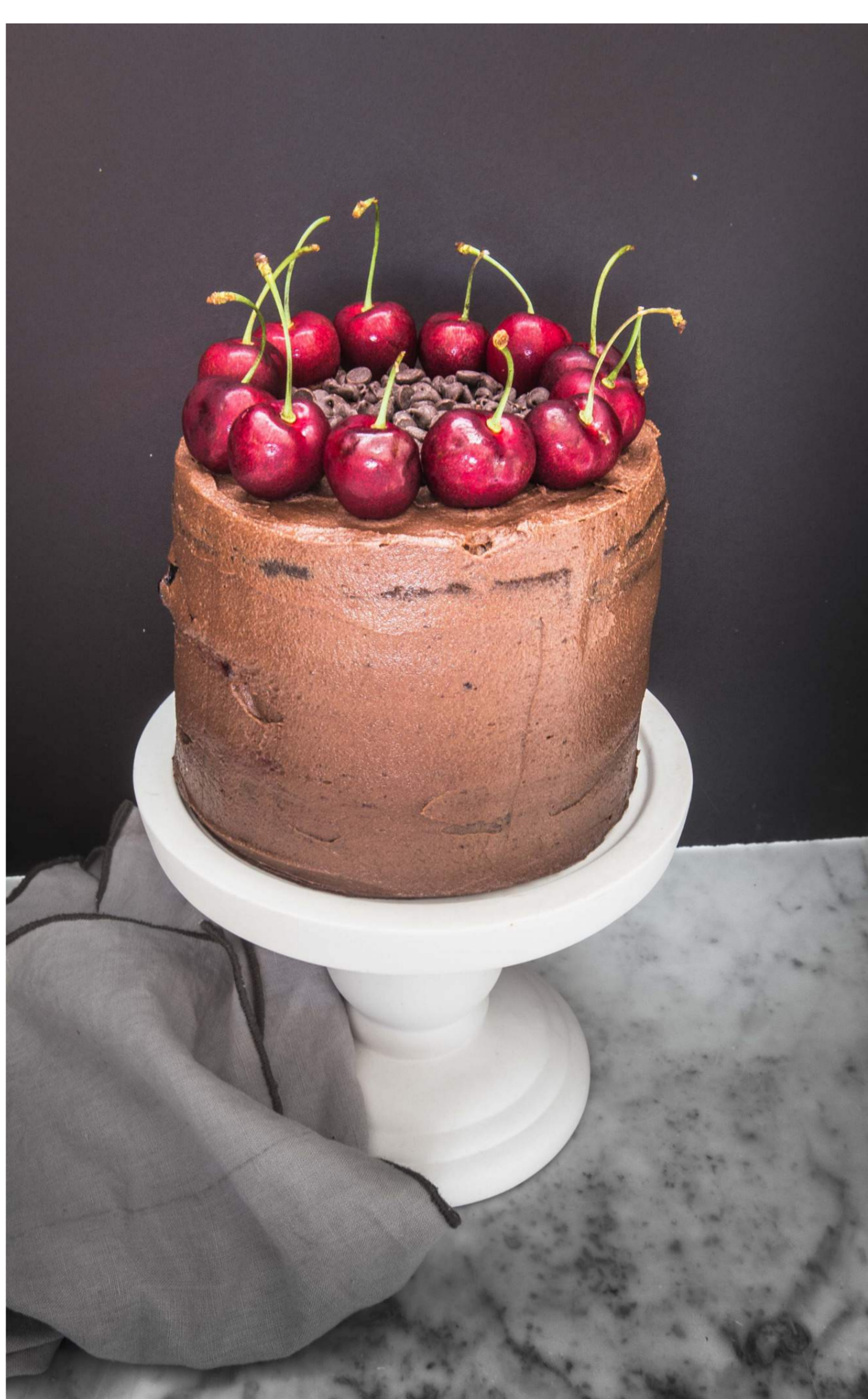
1/4 Tsp of Xanthan or Guar Gum

2 teaspoons lemon juice

1/4 teaspoon salt

1 tablespoon double-acting, aluminum- free baking powder

- Make the cake. Preheat the oven to 350 degrees. Oil a 9 inch cake pan and dust it with potato starch. (You can also use two 6 inch rounds or 3 of anything smaller - if you would like a tiered cake)
- Beat the eggs until they have a bunch of air bubbles - you can do this in a bowl OR my shortcut is placing the eggs in a blender.
- Add the vanilla, shortening, sugar, milk and turmeric. Either beat until smooth (or blend on high for 30 seconds to one minute) Then set aside.
- Mix together the dry ingredients in a bowl and then pour in the liquid. Stir until smooth and then add in the lemon juice. Pour into the prepared cake pan- tap to make sure its even and place into the oven for 25-28 minutes until its firm and a toothpick can be inserted and comes out clean.
- Let cool completely before removing from the pan- and set aside to cool while making the frosting. Frost with Chocolate Frosting.



Egg / Grain Free Carrot Cake

160 grams coconut palm sugar (about 1 cup)
110 grams milk (dairy or nondairy) (about 1/2 cup)
75 grams applesauce (about 1/4 cup plus 1 tablespoon)
56 grams mild-flavored oil, melted salt- ed butter, or melted ghee (about 1/4 cup)
1 teaspoon vanilla extract
208 grams chestnut flour (about 1 1/4 cups plus 1 tablespoon)
1 tablespoon ground cinnamon
2 teaspoons double-acting, aluminum- free baking powder
1/8 teaspoon xanthan gum or guar gum
Pinch of kosher salt
1 teaspoon apple cider vinegar
1 cup grated carrots (about 2 medium)
1/2 cup chopped raw nuts of choice and/ or raisins (optional)

- Preheat the oven to 325 degrees. Grease one 9-inch round cake pan or three 5-inch springform pans.
- Make the batter: In a large bowl, mix together the sugar, milk, applesauce, oil, and vanilla.
- In a separate bowl, whisk the chestnut flour, cinnamon, baking powder, xanthan gum, and salt until blended. Add the dry ingredients to the wet mixture and mix until well combined.
- Add the vinegar and mix well.
- Gently fold in the carrots and nuts/raisins, if using, until evenly distributed.
- Pour the batter into the prepared pan(s). Bake for 18 to 23 minutes, until a toothpick inserted comes out clean.
- Let the cake(s) cool for a bit, and then flip the cake(s) out of the pan(s) and allow to cool completely before frosting.
- Frost with either cream cheese frosting recipe!

Black Forest Cake

Cherry Almond Filling

- 2 cups of frozen pitted cherries
 - 4 Tbsp water
 - 4 Tsp Almond Extract
 - 1/8 Tsp Salt
 - 1 Tbsp Starch (Potato, Tapioca or Arrowroot)
 - 4 Tbsp Honey (Or yacon syrup plus some stevia to taste for keto)
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- Make any of the chocolate (or carob) cake variations using two 7 inch spring form pans so that you end up with a layered cake. Set aside to cool.
 - Make a double batch of Chocolate or Carob Buttercream replacing the vanilla extract with Almond Extract.
 - Make the Cherry Almond Filling above by combining all ingredients in a sauce pan. Whisking until it thickens and crushing about 1/2 of the cherries. Allow To cool.
 - Assemble the cake: Slice the two 7 inch cakes in half.
 - Place the first piece of cake down and pipe chocolate frosting around the exterior edge to create an edge. Fill the inside with a thin layer of the cherry filling. Pipe a little more chocolate frosting on top and spread it out being careful not to mix the two together. Place the next layer of cake on top and repeat the process two more times.
 - Place the final top layer on- covering it only with chocolate frosting. Frost the whole cake. Then Top with fresh cherries and chocolate chips.

Blueberry Lemonade Cake

1 cup superfine white rice flour (160g)
1/2 cup sweet rice flour aka 'glutinous rice flour' (66g)
2/3 cup potato starch (118g)
6 tbsp tapioca flour (94g)
2/3 cup organic cane sugar or xylitol (106g)
1/2 tsp sea salt
1/2 tsp xanthan gum
1 tbsp baking powder
Zest of 1 lemon
2/3 cup spectrum vegetable shortening (128g)
2 cups heavy cream or full-fat coconut milk from a can
, water mixed (248g)
4 tsp vanilla extract
1/2 cup applesauce (128g)
1/4 cup + 2 tbsp lemon juice (83g)
1 cup blueberries

- Preheat oven to 350. Oil and flour with starch two 7" springform pans or one 9x9 cake pan.
- In a stand mixer, mix the dry ingredients, then add the wet ingredients until a smooth batter forms.
- Pour batter into your baking dish and bake for 36-40 minutes.
- Meanwhile, make vanilla buttercream frosting by mixing all the ingredients in a stand mixer until smooth.
- Allow the cake to cool completely to lock in the moisture. Then carefully slice the cake horizontally to create 4 layers.
- Frost the top of each layer, dotting each layer with fresh blueberries as desired.
- Do a crumb coat of frosting, refrigerate for 30 minutes, then frost again.

Orange Creamsicle Cake

- 5 large eggs
 - 110 grams milk (dairy or nondairy) (about 1/2 cup)
 - 1 Tbsp Vanilla extract
 - 1/2 cup orange juice concentrate
 - Zest of 1 orange
 - 56 grams shortening (about 1/4 cup) (I use spectrum)
 - 98 grams Organic Cane Sugar OR xylitol (about 1/2 cup + 2 tbsp)
 - 84 grams coconut flour (about 1/2 cup)
 - 88 grams potato starch (about 1/2 cup)
 - 1/4 Tsp of Xanthan or Guar Gum
 - 1/2 teaspoon salt
 - 1 tablespoon double-acting, aluminum- free baking powder
 - 1-2 drops orange food coloring (optional)
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- Make the cake. Preheat the oven to 350 degrees. Oil a 9 inch cake pan and dust it with potato starch. (You can also use two 6 inch rounds or 3 of anything smaller - if you would like a tiered cake).
 - Beat the eggs until they have a bunch of air bubbles - you can do this in a bowl OR my shortcut is placing the eggs in a blender.
 - Add the vanilla, shortening, sugar, orange concentrate, orange zest, and milk. Either beat until smooth (or blend on high for 30 seconds to one minute) Then set aside.
 - Mix together the dry ingredients in a bowl and then pour in the liquid. Stir until smooth. Pour into the prepared cake pan- tap to make sure its even and place into the oven for 32-35 minutes until its firm and a toothpick can be inserted and comes out clean.
 - Let cool completely before removing from the pan. Frost once fully cool.
 - NOTE: Add the zest of 1 orange to either vanilla buttercream or cream cheese frosting. Feel free to add a little orange food coloring to the frosting.

Have Fun Baking!
Free free to mix and match flavors
with cake bases and create your
own <3

Tag me in any creations on IG
@Brittany_Angell!

I can't wait to see what you make!

-Brittany Angell

