



Strawberry, Yoghurt and Ricotta Cake

This beautiful cake will really put a spring in your step! It is made with cannellini beans instead of butter, Capilano honey instead of refined sugar and is brimming with the rich creaminess of ricotta and toasty almond meal. A lovely cake to share with friends and family at peak strawberry season.



 Skill Level Intermediate

 Cooking Time 50 mins

 Servings 8

INGREDIENTS

400g can no-added-salt cannellini beans, rinsed, drained
 70g (¼ cup) natural yoghurt
 3 tsp vanilla bean paste
 4 eggs
 125g Capilano Pure Honey
 40g (¼ cup) plain flour (or gluten free plain flour)
 2 tsp baking powder
 1 tsp cinnamon, ground
 150g almond meal
 To Serve
 125g (½ cup) smooth ricotta
 50g Capilano Pure Honey
 130g (½ cup) natural yoghurt
 400g fresh strawberries (½ for garnish, ½ for sauce)
 2 tbsp Capilano Pure Honey, extra

INSTRUCTIONS

- 1 Preheat oven to 160°C (fan-forced). Grease and line base & sides of a 20cm cake tin with baking paper. Combine honey and eggs in the bowl of a stand mixer Whisk until pale and thick, approx. 5-6 mins.
- 2 In a food processor combine drained cannellini beans, 70g yoghurt, cinnamon and vanilla. Blend until smooth.
- 3 Add beans to egg mixture and sift flour, baking powder, almond meal on top. Gently fold on low speed until just combined being careful not to lose too much air in the mixture.
- 4 Transfer mixture to prepared cake tin and bake for 40 mins. Check cake with a skewer in the middle - if it comes out clean the cake is ready. If it still needs a little more time, cover cake with foil and bake for an additional 10 mins until an inserted skewer comes out clean. Allow to cool completely before icing.
- 5 Prepare strawberry sauce by combining 200g strawberries with honey and vanilla in a blender. Pulse until smooth and keep chilled until ready to serve.
- 6 For icing, place ricotta, honey, 130g yoghurt and vanilla in the bowl of a stand mixture with paddle attachment. Mix on medium speed until smooth and voluminous. If too runny, chill until the mixture firms up again. Use a spatula to dollop into middle of cake and gently spread to sides of cake, just before serving. Icing will be soft and slightly runny. Top with fresh strawberries and strawberry sauce to serve.