

## T E N D I N G the T A B L E

### *Coconut Pineapple Cake*

Makes 1 8-inch square cake

#### INGREDIENTS

2 eggs, separated  
½ cup coconut sugar  
¾ cup full-fat coconut milk  
½ cup unrefined coconut oil, melted and cooled  
1 teaspoon vanilla extract  
1 cup almond meal  
½ cup coconut flour  
¼ cup arrowroot powder  
½ teaspoon baking soda  
½ teaspoon baking powder  
½ teaspoon salt  
¼ teaspoon ground cardamom  
1 20-ounce can sliced pineapple  
⅔ cup chopped macadamia nuts

#### PROCEDURE

Preheat the oven to 350°F.

Grease an 8-inch square baking pan with oil and line with a parchment paper sling.

Combine the egg yolks, sugar, coconut milk, coconut oil and vanilla in a medium bowl and stir well to combine. Add the dry ingredients and mix well. Meanwhile in the bowl of a stand mixer fitted with the whisk attachment, beat the egg whites on medium high until stiff peaks form. Fold the egg whites into the batter until no streaks remain.

Transfer the batter to the prepared pan and smooth the top with a rubber spatula. Arrange the pineapple slices on top, sprinkle with the macadamia nuts and a little coconut sugar and bake for 20-25 minutes, until a toothpick inserted into the center of the cake comes out clean.