



## Zen & The Art of Cooking With Pressure

### **Almond and Rhubarb Gluten-free Mini Cakes**

Yield: 14 mini cakes

Gluten-free, grain-free, low carb, Keto, sugar-free, vegetarian

Preparation time: 10 minutes

Baking time: 25 minutes in preheated 350-degrees F oven

#### **Ingredients:**

3 eggs at room temperature

1/3 cup Xylitol or Erythritol sweetener

1/4 cup coconut oil

1/3 cup heavy cream

Juice of 1/2 lemon

Zest of 1 lemon

1 cup almond flour

1/4 cup finely shredded coconut

2 Tbsp coconut flour

1 tsp baking powder

1/2 cup finely chopped fresh rhubarb

#### **Method:**

1. Place eggs into the bowl of the mixer and beat until light and airy. Add sweetener and continue to beat to add volume. Add melted coconut oil, cream, lemon juice and zest.
2. In a small mixing bowl combine almond flour, shredded coconut and baking powder and coconut flour. Stir well to break up any lumps. Add rhubarb and stir well.
3. Add dry ingredients to the egg mixture and fold in. Mix by hand until all ingredients have combined.
4. Spoon batter into prepared baking forms (I use melted coconut oil and thinly brushed a thin coat all over the forms for easy release after baking).
5. Bake cakes in preheated 350-degrees F oven until done, about 25 minutes. Remove from oven and let cool complete before removing the mini cakes.