



### -INGREDIENTS

- 3 eggs
- 100gr + 40gr of sugar (brown best)
- 40g of butter in small pieces or curls  
best to do this while the butter is hard, otherwise you lost a bit as it melts on your fingers
- 230gr of flour  
a mix of buckwheat and almond is suggested
- 3 T of milk or vegetable alternative
- 2 level t baking powder
- 1 t of cinnamon
- 1 T vanilla
- 4-6 apples depending on size and desired moistness of the cake  
If you want it to be super juicy, use the maximum apples, if you prefer a dryer cake to have with coffee/tea, use the minimum of 4. For apple type, I use a mix of gala and granny smith.

### INSTRUCTIONS

- Preheat the oven to 180 ° C /350 F
- Line a spring pan with a diameter of about 24 cm with parchment paper  
-you can safely use a slightly larger or slightly smaller cake pan.
- Wash, Peel and Cut the Apples into pieces as much as possible of the same size
- Put them in a bowl together with a few drops of lemon  
-this way they will not oxidize.
- In a large bowl, whip the eggs with the 100g of sugar for about 5 minutes until the mixture is high
- Add the milk, flour, yeast, cinnamon and vanilla into the mixture and mix until all lumps are gone  
-I use a handheld mixer and you can use a spatula
- Add the apples and incorporate them into the mixture, mixing with a spatula or a wooden ladle
- Pour the mixture into the papered pan
- Sprinkle the surface with 40g of sugar and 40g of butter in pieces or curls  
-this way we will obtain a crunchy and glazed surface
- Bake for 45-50 minutes
- To be sure it is done, do the toothpick test

### SERVING/NOTES

- Serve warm or room temperature for desert or with morning coffee/tea
- This cake freezes well and can be frozen in slices to be thawed and lightly heated before eating anytime

### **Nutrition tips**

The addition of almond flour and using buckwheat flour makes this a fairly healthy desert or snack. Almonds and eggs give the cake the right proportion of protein and the buckwheat flour is gluten free. Cooked apples are easy to digest, especially after a meal, and are a good source of vitamin C.