

## GLUTEN FREE ORANGE CAKES

These delicious cakes are easy to make and are so tasty.

PREP TIME: 2 hours orange cooking / 30 minutes  
COOKING TIME: 20 - 25 minutes  
SKILL LEVEL: Low

### INGREDIENTS

15 SERVES	120 SERVES	
237g	1.890kg	Orange cooked (1 large orange is approx. 400g)
224g	1.792kg	Eggs, whole
252g	2.016kg	Sugar, caster
210g	1.680kg	Almond meal
4g	32g	Baking powder
1g	8g	Salt

### METHOD

1. Pre-heat oven to 150°C. Grease a muffin tin with melted butter.
2. Place whole fresh uncooked oranges in a pot and cover with cold water. Bring to the boil, then simmer for 1 – 1.5 hours until oranges are soft.
3. Remove oranges from water and allow to cool. Once cooled, remove any pits and hard end bits from the orange then blend the oranges in a blender until smooth.
4. Add some of the cooled orange poaching liquid to loosen the mixture as it will thicken up whilst blending. It only needs a little of the liquid not too much.
5. In a mixing bowl, whisk the eggs and sugar until creamy.
6. Add the almond meal, baking powder, salt and oranges. Mix well between additions.
7. Portion the cake mix into muffin tin moulds lined with cupcake paper that has been lightly sprayed with oil. Use an ice cream scoop that measures 50g cake mix, filling it to the top of each muffin cup.
8. Bake for 25 – 30 minutes until skewer comes out clean.
9. Allow to cool for 15 minutes before removing cakes from the moulds. The cupcake paper should come away easily.
10. When cakes are completely cool, serve with a dusting of icing sugar or a lemon icing.

# Maggie Beer's BIG MISSION

## TIP

- Best cooked fresh – the mix can be stored for 5 days at < 5 Celsius.

## NUTRITIONAL INFORMATION Serving Size 45 g

	Per serving (45g)	Per quantity (100g)
Energy	734kJ	1630 J
Protein	4.8g	10.6g
Fat total	8.8g	19.6g
Fat saturated	0.9g	2.1g
Carbohydrate total	18.2g	40.4g
Carbohydrate sugars	18.2g	40.4g
Sodium	75mg	167mg

