



Gluten and Dairy FREE Honey Cake

It is customary to dip a slice of apple in honey, for a sweet and fruitful year, and eat Honey products through the Jewish High Holy Days, especially on Rosh Hashanah, the Jewish New Year. This date usually falls somewhere between September and October. In 2022, it's from September 25-27.

What you need and how to prepare the Honey Cake.

This recipe is about 3,180 calories.

- Baking English tray OR muffin tray
- 2 cups of almond flour
- 1 cup of crumbled walnuts
- 1/2 a cup of honey
- 100 grams (3.5 Once) of coconut oil
- 3 eggs
- 1 teaspoon of baking soda
- 1/2 teaspoon of salt
- 1 teaspoon of cinnamon (option)

Pre-heat the oven to 350°F.

Mix all the dry ingredients first.

Add the coconut oil, and honey. Add the eggs last.

Pour the mixture into a greased English cake tray OR muffin tray (about 10 muffins)

Bake the cake about 30 min. Insert a toothpick into the center of the cake. If the toothpick comes out clean, it's done. Muffins are about 25 min of baking time.

Enjoy,

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