

# Pistachio Cardamom Lemon Cake



COURSE  
Dessert, Snacks



SERVINGS  
7 servings

CALORIES  
303 kcal

## INGREDIENTS

- 1 c plain flour
- ½ c vital wheat gluten
- 1 ½ tsp baking powder
- ¾ tsp baking soda
- ½ c sugar
- 8 cardamom pods
- 1 c shell removed pistachios
- 3 lemons divided
- ¾ c applesauce
- ¾ c soy milk
- ½ c powdered sugar

## INSTRUCTIONS

1. Preheat the oven to 350°F, and line an 8 inch loaf on all sides with parchment paper. Add the flour, gluten, baking powder, baking soda and about half of the sugar to a large mixing bowl and stir.
2. Next, grind the cardamom pods in a food processor. Then, add pistachios in food processor and process until a crumb like consistency forms.
3. Add both the pistachio and cardamom seeds to the mixing bowl and give everything a stir.

4. Next add the zest and juice of 2 lemons, sugar, applesauce and soy milk to the bowl and stir gently until fully combined.
5. Pour the cake batter into the lined loaf tin and bake for 40 minutes or until a toothpick comes out clean. Let cool completely.
6. To finish, stir the powdered sugar with the juice from the remaining lemon until you have a thick but runny consistency. Note you may need to tweak the amounts of lemon juice and icing sugar to get the perfect consistency. Once the cake has cooled, pour the icing all over so that it runs down the sides. Roughly chop some additional pistachios and sprinkle all over the top.

NUTRITION

Nutrition Facts	
Pistachio Cardamom Lemon Cake	
Amount Per Serving (1 serving)	
Calories 303	Calories from Fat 81
% Daily Value*	
Fat 9g	14%
Carbohydrates 47g	16%
Protein 14g	28%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?  
Let us know how it was!