



FIXATE RECIPES

SUMMER CITRUS UPSIDE DOWN CAKE

Serves: 12 (1 slice each)

GF

Total Time: 1 hr. 15 min.

Prep Time: 20 min.

Cooking Time: 55 min.

FOR TOPPING:

½ cup / 100 g light brown sugar
2 Tbsp. ghee (organic grass-fed, if possible), melted
3 medium oranges, peel and pith removed, sliced into ¼-inch-thick rounds
1 small grapefruit, peel and pith removed, sliced into ¼-inch-thick rounds

FOR CAKE:

⅓ cup / 80 ml fresh orange juice
¼ cup / 60 g reduced-fat (2%) plain Greek yogurt
¼ cup / 60 ml unsweetened coconut milk beverage
¼ cup / 50 g ghee (organic grass-fed, if possible), melted
1 large egg
1 Tbsp. finely grated orange peel (orange zest)
½ tsp. pure vanilla extract
1½ cups / 205 g gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
½ cup / 100 g light brown sugar
¾ tsp. baking powder (preferably GMO-free)
¼ tsp. sea salt (or Himalayan salt)

SPECIAL EQUIPMENT: Nonstick cooking spray • 9-inch (23-cm) springform cake pan

1. Preheat oven to 325° F (165 °C).
2. Lightly coat a springform pan with spray.
3. To make topping, add brown sugar and ghee to a small mixing bowl; stir to combine. Scatter mixture over bottom of prepared pan.
4. Arrange orange and grapefruit rounds in bottom of pan, cutting up smaller pieces to fill in gaps; set aside.
5. To make cake, add orange juice, yogurt, coconut milk, ghee, egg, orange peel, and extract to a large mixing bowl; beat to combine.
6. Add flour, brown sugar, baking powder, and salt to a separate large mixing bowl; stir to combine. Add dry mixture to wet mixture; stir until thoroughly combined.
7. Pour batter over top of citrus; place cake pan on a baking sheet, to catch any sugar drops.
8. Bake for 50 to 55 minutes, or until cake is spongy and fully set in the center.
9. Let cool completely in pan; remove springform ring. Place a serving plate upside down on top of cake; place one hand underneath cake pan and one hand on top of plate. Holding firmly together, flip cake. Remove springform bottom; evenly divide into 12 slices. Enjoy!

Nutritional Information (per serving):

Calories: 215
Total Fat: 7 g
Saturated Fat: 4 g

Cholesterol: 35 mg
Sodium: 88 mg
Carbohydrates: 36 g

Fiber: 1 g
Sugars: 21 g
Protein: 3 g

PORTION FIX Container Equivalents (per serving)

½ 1½ 1½

Recipes containing the GF icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

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