



## LEMON HONEY CAKES

**SERVES: 16** (1 piece each) Prep Time: 15 min. Cooking Time: 30 min.

CONTAINER EQUIVALENTS (per serving):  1 ½  1

*In honor of our UK debut, here's an easy little lemon-honey cake that's perfect for afternoon tea (or anytime you have a sweet tooth, if you don't drink tea). Gluten-free, with a fraction of the fat and sugar you get in a typical lemon cake, these fluffy, decadent little pastries are smothered in a honey-lemon glaze that will make you feel like you're cheating, but they're fully Fix-approved!*

### FOR LEMON HONEY CAKE:

- 3** large eggs
- 2 Tbsp.** finely grated lemon peel (lemon zest)
- ¼ cup** fresh lemon juice
- 1 tsp.** pure vanilla extract
- ¼ cup** ghee (organic grass-fed, if possible), at room temperature
- ¼ cup** reduced-fat (2%) plain Greek yogurt
- ½ cup** raw honey
- ½ cup** unsweetened coconut milk beverage
- 2 cups** all-purpose flour, gluten-free
- 2 tsp.** baking powder, gluten-free
- ¼ tsp.** baking soda, gluten-free
- ¾ tsp.** sea salt (or Himalayan salt)

### FOR GLAZE:

- ¼ cup** fresh lemon juice
- ¼ cup** raw honey
- ¼ tsp.** pure vanilla extract
- 1 Tbsp.** finely grated lemon peel (lemon zest)

### SPECIAL EQUIPMENT:

- Parchment paper
- Nonstick cooking spray

### FOR LEMON HONEY CAKE:

1. Preheat oven to 350° F.
2. Line 9 x 9-inch pan with parchment paper and lightly coat with spray. Set aside.
3. Place eggs, lemon peel, lemon juice, extract, ghee, yogurt, honey, and coconut milk in blender; cover. Blend until smooth. Set aside.
4. Combine flour, baking powder, baking soda, and salt in a medium mixing bowl; mix well.
5. With blender running, add flour mixture to egg mixture a little at a time; blend until well mixed.
6. Pour batter into prepared pan. Bake for 25 to 30 minutes, or until golden brown and a toothpick inserted into center comes out clean.


### FOR GLAZE:

1. While cake is baking, heat lemon juice and honey in small saucepan over medium-high heat. Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 8 to 10 minutes, or until mixture has reduced by half. Remove from heat.
2. Add extract and lemon peel; mix well. Cool until lemon-honey mixture is room temperature before using.
3. Allow cake to cool completely in pan before brushing top with lemon-honey mixture. Cut into 16 pieces (approx. 2¼ x 2¼-inches each).

### RECIPE NOTES:

- Coconut milk beverage comes in a carton.
- You can substitute extra-virgin organic coconut oil for ghee.

**NUTRITIONAL INFORMATION** (per serving): Calories: 148 Total Fat: 5 g Saturated Fat: 3 g Cholesterol: 45 mg Sodium: 188 mg Carbohydrates: 25 g Fiber: 2 g Sugars: 13 g Protein: 3 g

Recipes containing the  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.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.