

Whole Wheat Gingerbread - Vollwert Lebkuchen

Try this cake warm from the oven with some whipped cream, or spoon the batter over apple-sauce in a Dutch oven and steam it like a pudding cake. This whole grain cake has no refined sugar but lots of flavour. Makes 9 pieces of gingerbread.

Prep Time: 15 minutes

Cook Time: 25 minutes

Ingredients:

- 1/2 c. virgin coconut oil (or shortening)
- 1/2 c. date sugar (ground dates)
- 1/4 c. molasses
- 1 egg
- 1 c. whole wheat flour (white whole wheat is good)
- 3/4 c. brown rice flour
- 1/2 tsp. salt
- 1 tsp. ground ginger
- 1 tsp. ground cinnamon
- 1/4 tsp. allspice
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 3/4 c. boiling water



Preparation:

Beat the coconut oil (solid at room temperature) with the date sugar and molasses for 3-5 minutes until light brown. Add the egg and beat well.

Mix the flours and the other dry ingredients together in a separate bowl and then add to the liquids and mix well.

Add the boiling water and stir again. Pour batter into a greased, 9 inch by 9 inch pan and bake at 350°F for 25 minutes or until middle is set and sides just start to pull away from side of pan.

