

Carob Syrup Cake



Serves	20
Prep time	25 minutes
Cook time	50 minutes
Total time	1 hours, 15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Warm
Occasion	Christmas , Special Occasions
Website	Fast Ed

Ingredients

- 2 1/2 cups plain white flour
- 5 teaspoons baking powder
- 3 eggs
- 125ml sunflower oil
- 500g smooth light ricotta
- 2 cups brown sugar (firmly packed)
- 1 teaspoon vanilla extract
- 300ml carob syrup (refer to note below)

For greasing:

- 1 tablespoon unsalted butter
- 1 tablespoon plain white flour

Directions

1. Preheat the oven to 180°C. Grease a 2 1/2 litre Bundt cake pan with the butter then dust with flour. Shake out any excess flour.
2. Pour the carob syrup into the cake pan and place in the freezer for 20 minutes until it thickens.
3. Sift together the flour and baking powder, then set aside.
4. Combine the eggs, oil, ricotta and vanilla in a large bowl and whisk until smooth.
5. Add the flour and beat well.
6. Spoon the cake mixture over the syrup.
7. Bake for 40 to 50 minutes. The cake is cooked when a skewer placed in the centre comes out clean.
8. Allow the cake to cool in the pan for 5 minutes, then turn out onto a plate.



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9. Can be served warm, or allow to cool completely.

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Note

Low Chemical / Failsafe

Depending on your tastes and the type of carob syrup you use, you may want to sweeten it a bit. Place the carob syrup in a small saucepan and bring to a simmer. Add a tablespoon of brown sugar (adjust to your own taste) and stir through until the sugar dissolves. Allow to cool before using.

If you want to make your own carob syrup I have a [recipe here](#).