

Layered Apple/Pear Buttermilk Cake



Serves	10
Prep time	30 minutes
Cook time	50 minutes
Total time	1 hours, 20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Dessert , Lunch Box , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Warm

Ingredients

- 3 Large Red or Golden Delicious apples or pears (peeled, cored and thinly sliced)
- 125g butter (softened)
- 3/4 cups castor sugar
- 2 eggs
- 175g cups spelt flour (half wholemeal, 1/2 white)
- 2 teaspoons baking powder
- 1/2 cup buttermilk (or sour cream)
- Extra castor sugar

Directions

1. Preheat the oven to 175°C fan forced. Grease and line a cake or loaf tin.
2. Sift the flours and baking powder together, adding the husks back in, and put aside.
3. Using an electric mixer, beat the butter and sugar until light and fluffy.
4. Beat in the eggs one at a time. Fold in the flour alternatively with the buttermilk.
5. Spread 1/3 of the cake mixture over the base of the prepared tin then layer 1/3 of the sliced fruit on top. Repeat with another 1/3 of the cake mixture, 1/3 of the slices then the remaining cake mixture. Arrange the rest of the apples/pears over the top and sprinkle with the extra castor sugar.
6. Bake for 50 minutes. Leave in the pan to cool for a few minutes then turn out onto a wire rack to cool.
7. Can be eaten warm or cold.

Note

Low Amines, Low/Moderate Salicylates, Low Glutamates

For a low chemical / Failsafe version use pears. If moderate salicylates are tolerated, apples can be used.

Can be served as a dessert or tea cake. Making this cake in a loaf tin, makes it a great lunch box snack as it can be sliced into squares and frozen.

If you don't have spelt flour use regular flour - 2/3 cup self-raising plus 1/2 cup plain, and leave out the baking powder.