



APPLE WALNUT CAKE

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

This cozy, grain-free Apple Cinnamon Crumb Cake brings together sweet spiced apples and a tender almond flour cake, finished with a crunchy walnut streusel. Perfect for holidays, gatherings, or a special weekend treat while staying low-carb and gluten-free.

Makes 9 servings (based on an 8x8-inch pan; 1 piece per serving).



INGREDIENTS

CAKE:

- 6 Tbsp Kerry Gold butter, softened
- 1/3 cup Swerve Granular
- 2 pastured eggs
- 1 tsp. pure vanilla
- 1 tsp. ground cinnamon
- 1 cup almond flour
- 1/3 cup coconut flour
- 2 tsp. baking powder
- 1/4 tsp. xanthan gum



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1/2 cup unsweetened almond milk
Pinch of Pink Himalayan salt

APPLE STREUSEL:

3 Tbsp Kerry Gold butter
2 Granny Smith apples, peeled and chopped into 1/2-inch pieces
1/4 cup Swerve, granular or brown
1 tsp. ground cinnamon
3/4 cup almond flour
1/2 cup chopped walnuts
Pinch of Pink Himalayan salt

DIRECTIONS

CAKE:

Preheat oven to 375°F.

Cream the butter and Swerve together until smooth. Add eggs one at a time, beating well after each one, then add the vanilla and mix.

In a medium bowl, mix together the flour, coconut flour baking powder, xanthan gum and salt. Add the dry ingredients to the wet ingredients and mix.

Pour in the almond milk and mix until just blended. Spread batter into a greased 9x9 baking pan or 9-inch pie plate.

APPLE STREUSEL:

Melt the butter in a skillet. Add the apples, cinnamon and Swerve, cooking for 2 minutes, while stirring. Remove from heat and stir in the almond flour, salt and walnuts until a crumbly dough forms. Spoon evenly over cake batter.

Bake for 35 minutes total, checking at 20-25 minutes - if too brown, cover with foil for the last 10-15 minutes.