



# 10 Nut Free Cakes

from Tattoo My Broccoli

© 2015 Julia M Włodarczyk

Thank you for downloading this ebook. I hope you will bake and grow to love all of the delicious cake recipes included here. There is a variety here and anybody can find something special but all cakes are nut free.

Enjoy!

Julia

#### [Table of Contents](#)

[Lemon Courgette Cake](#)

[Be Bananas About Cake – best ever banana cake recipe](#)

[Decadent Chocolate Cake](#)

[Blackcurrant Jam Cake](#)

[Blue Velvet: Ultra-fluffy Blueberry Sponge Cake](#)

[Poppyseed Madness Cake](#)

[Very Easy Chocolate Cake](#)

[Hot Milk & Peaches – Soft, Dreamy Cake](#)

[Green Tea Cake](#)

[Hawaiian Bread Pudding](#)

## Lemon Courgette Cake



This delicious cake is very light in texture and slightly moist. I hope you enjoy it as much as I do.

180g courgette  
120g soft butter  
120g sugar  
120g flour

Start with zesting two lemons. This is what gave me the 2 teaspoons lemon zest. I use a regular grater with small holes and make sure I don't press too hard so I only remove the yellow part and not the white pith underneath.

Remove the small bits and add to the mixture. Preheat the oven to 180°C/350°F.

In a bowl whisk together egg, courgette, sugar and oil. Stir the rest of the ingredients.

Transfer to the baking dish and bake for 45 minutes.

Let cool before turning out as it might stick to the form otherwise.





**Be Bananas About Cake – best ever banana cake recipe**





This is one of my favourite cakes. Bananas never go to waste in my house because I use them for this recipe. If I want to make the cake later, I just freeze the mashed bananas and defrost them before baking. This cake is wonderfully low in fat as you only use 1/4 of a cup of oil for quite a large cake. I enjoy this delicious cake with coffee or some green tea. My partner loves it with a glass of cold milk.



1 cup flour  
1/2 cup baking powder  
1/2 cup dried cranberries

3/4 cup applesauce (you can use oil if you have no applesauce but I recommend a handful of dried cranberries)



Preheat the oven to 180C/350F  
In a bowl mix all of the dry ingredients: flour, sugar, baking powder, salt, cinnamon,  
With a spatula mix until blended and there are no more pockets of dry flour. The  
dough will not be completely smooth but that's ok. At the end add cranberries and  
Line a large baking tray with baking paper or prepare in whatever your preferred way  
is and pour the dough over  
Bake for 1 hour and check with a cocktail stick.

## Decadent Chocolate Cake



You know all these chocolate ads showing people on their sofas wearing a white turtleneck and warm socks or people dressed in elegant clothes having the experience of their lifetime? I totally buy into all of them. I love chocolate and eating good quality chocolate is always a delicious, almost spiritual experience for me. Chocolate picks me up from the worst moods and always comforts me when I feel vulnerable. There is just no better drug than chocolate.

This recipe is very chocolatey, very dark, full of well developed cocoa flavour. You can also add a drop of orange aroma if you can find it in the shop and if you like that

~~Ingredients:~~ also contains coffee l.

100g dark chocolate  
 100g butter  
 100g ground coffee  
 100g cream (optional)

First of all, you'll need to turn your dark chocolate into powder. You can grate it if you have the patience but I always put it in my mini food processor. The little particles resulting from this (in the picture) are good enough for this recipe.





Once done, place the chocolate powder in a bowl and add cocoa powder, flour, sugar, baking powder, salt and ground coffee. Stir to combine all these dry ingredients into a more or less uniform powder. Add eggs and cream and mix. This is also the time to add orange cream if using. Blend with a spatula until combined and there are no more pockets of dry powder. No need to use electric whisk or any other tiresome techniques. 😊 A short stir will do the job. Pour this mixture into a loaf tin lined with baking paper. I used a 30cm/12inch loaf. Bake for 65 minutes. I know it's a weird time, try 60 and see if it passes the cocktail stick test after that. My oven bakes it to perfection in 65.



**Blackcurrant Jam Cake**





Last summer I made so many jars of preserves I now am looking at a full fridge of blackcurrant and other currant jam and citrus. Blackcurrant jam is delicious but who can eat it every morning? It's just too sweet. So I decided I would use it for cakes. This is one of those glorious recipes where you get to use the whole jar of jam. I imagine other jams would do well here too, consider cherry or something else that has a bit of sourness to it. I haven't tried it but I imagine strawberry or blueberry would just be too sweet in this recipe. This is also a recipe where I use applesauce instead of part of the fat. You can just use oil instead but I love being able to reduce fat in this cake and bring some vitamins and apple goodness instead.

1 cup applesauce (you can use oil instead but it's healthier with applesauce)  
 1 cup flour  
 1 cup jam  
 1 cup vanilla extract

In a kitchen robot, start beating oil and sugar until it becomes slightly fluffy and lighter in texture. Add applesauce, egg, vanilla extract and beat until well combined. Switch off the whisk and add flour, baking powder, salt and mix with a spatula until uniform. Add most of the oats and mix again. Line a baking tin with baking paper, I use a 21cm/8inch square tin. Press the mixture into the bottom.



Cover the mixture with blackcurrent jam.  
Sprinkle the remaining oats on top. Another version I sometimes make is to sprinkle  
a little leftover dough on top also.  
Bake for 30 minutes.



**Blue Velvet: Ultra-fluffy Blueberry Sponge Cake**





Admit it! Making a blue, fluffy sponge cake is one of the items on your bucket list. It must be! And this one is delicious! I made quite a few jars of blueberry preserves last summer and they always have some blueberry juice on top so I decided to use it for this cake. You can, however skip this step and you'll end up with a pretty normal looking and definitely awesome-tasting sponge cake. This is very unlike pound cake, much more aerated and lighter. Make it and see your guests surprised by the colour when they bite into it.

Divide into whites and yolks)

2 Tbsp blueberry juice (can be made by just pressing some defrosted blueberries a pinch of salt or by gathering the most watery part of a blueberry preserve)

1 Then icing sugar 35g

In a bowl of an electric whisk start beating egg whites with a pinch of salt. Continue until the mixture is almost stiff and slowly add all the sugar until the mixture is completely stiff. At the last minute, add the blueberry juice. The mixture will turn a Now remove the bowl from the machine and use a spatula to carefully fold in the yolks and vanilla essence.

In a separate container mix the all purpose flour with potato flour and baking powder. Add these dry ingredients to the cake mixture and fold again with a spatula. Fold delicately so that you don't release the air that the mixture is now filled with. Mix slowly and only until there are no more dry pockets of flour. Add vinegar and mix Check with a skewer. to a large, greased spring form and bake for 20 minutes.



Put the cake out on a plate and let it cool. You will notice how the cake slowly  
Once the cake cools, mix the two ingredients for cream with a spoon and decorate.  
I hope you will enjoy this deliciousness as much as I did.



**Poppyseed Madness Cake**



It's a good idea to give the poppy seeds a good smell and maybe a taste test just to make sure that the natural oils in them haven't gone rancid. Rancid poppy seeds can  
There will also be a lot of eggs broken while making this one. It's all worth it though  
And here's the original result.

1 cup all purpose flour  
1 cup unsalted butter

1/2 cup brown sugar  
1 teaspoon baking powder



With an electric mixer beat whites with sugar until they are forming peaks and stiff.  
Pour into the bread pan and bake for 45 minutes or until the cocktail stick comes out  
clean.  
Cut into slices and stuff your face. Yum!

### **Very Easy Chocolate Cake**





This is a very, very easy way to make a chocolate cake and love it. If you don't have time and just want to do minimum work, here is how.

100g butter  
 100g dark chocolate  
 100g bicarbonate of soda  
 100g flour  
 100g cocoa powder (more cocoa is ideal)  
 100g sliced almonds for decoration

Now, here is the good part. First put the butter and the chocolate in a small pot, put it on the oven on low heat and wait for it to melt, but not boil. This is really easy, you just pretty much need to forget about the mixture for a couple of minutes and it will be ready.

Put all of the other ingredients in a bowl in whatever order you feel like, add the melted butter with chocolate and stir the whole thing with a spoon for a minute or two until it's pretty much uniform. Don't stress over it, it will blend together just fine. Pour into a square or round baking tin and bake for 40 – 45 minutes. Check it by the end as it starts turning easy and the sides are then bitter. Enjoy, try not to eat it hot straight from the tray, like I tend to do...





## **Hot Milk & Peaches – Soft, Dreamy Cake**



This cake is the definition of softness and comfort. That might be because I love milk and I drink it on its own or as cocoa. I add a lot of it to coffee and I can't really imagine life without milk. So when I realised one day that again I bought a lot of milk and there is now 6 liters of it in the fridge, I started looking for ways of using more of it in cake. This recipe was born as Recipes for hot milk cake can be found all over the internet but I tweaked mine to no end and added the irresistible peaches. I hope you'll enjoy it because we certainly did and it disappeared quickly.





1/2 cup powdered flour  
 1/2 cup applesauce (you can use double the amount of butter instead if you have no  
 a big can of peaches, which gives around 10 halves  
 Place the peaches in the bottom of your baking tray, bellies up.



Put the eggs and salt in a bowl of an electric whisk and start mixing on high.  
 While doing that, slowly add all of the sugar and vanilla extract. Whisk until the mixture is  
 Switch over to low speed and add the applesauce (skip this step if you're using double butter  
 instead).  
 I sift the flour and mix it with baking powder, just because I don't want the now aerated  
 mixture to lose its air.  
 Now, while the dough is mixing on low and you're adding flour tablespoon by tablespoon  
 heat the milk and butter in a saucepan.



As soon as the butter is melted start adding to the dough as well, alternating between flour  
Once everything is added and mixed, pour the mixture onto the peaches.  
Bake for 35 to 40 minutes. The stick test seems to work unless you jab a peach with your  
stick as I kept trying 😅  
Enjoy and good luck fighting your family or housemates who will suddenly have so many  
things to do in the kitchen and will only 'accidentally' nibble on this cake.



**Green Tea Cake**



This recipe is a green tea-flavoured cake so you won't like it if you despise green tea. I'm using a green tea powder called matcha, which is a fine-ground type of green tea that is used in the Japanese tea ceremony. It's used in many other things though, like green tea ice-cream, cakes and other treats, so using it for cake is not, It should not be on display as it's supposed to be kept in a dark container but ask and hopefully they'll have it.



1. green tea powder

In a bowl whisk the oil and eggs together with applesauce, and while still whisking add matcha, green tea powder and sugar.

In a separate bowl mix flour, salt and baking powder. Add these to the egg mixture

Once the cake cools, sprinkle with icing sugar.





**Hawaiian Bread Pudding**



I have never been to Hawaii (I wish) but I called this pudding Hawaiian Bread Pudding.  
This recipe is just perfect to use when you have some leftover bread which has gone stale and your family don't want to eat it because of that. This will make them gobble up that bread as if there's no tomorrow! When ready, the bread pudding does not  
My bread pudding is not as sweet as some of the recipes I tried because I always found them too sweet, so when making my own version, I went for far less sugar.  
This is obviously something you might prefer to change but do give this lower-sugar version a go and I promise you won't regret it.

Ingredients:

1/2 cup applesauce (you can use oil or butter instead, you know the drill)  
1/2 cup of coconut milk  
a handful of raisins coconut

Cut or break bread into small pieces or squares and place in a large baking dish. 3 it.



In a bowl whisk together eggs, applesauce, slowly adding coconut milk, vanilla  
Pour the batter over bread and lightly press with a spatula to submerge all of the  
bread pieces in the batter.  
Sprinkle the coconut and raisins over the pudding.  
Bake for 45 minutes.





Thank you for taking time to read this check!

© Julia M Włodarczyk and Tattoo My Broccoli, 2014-2024. Unauthorized use and/or duplication of this material, recipes and images without express and written permission from this blog's author and/or owner is strictly prohibited. Excerpts and links may be used,



provided that full and clear credit is given to Julia M Włodarczyk and Tattoo My Broccoli with appropriate and specific direction to the original content.

