**Flourless Whole Orange & Almond Cake**

A moist citrus inspired cake celebrating the natural sweetness of orange. Recipe by nutritionist, naturopath and recipe developer Casey-Lee Lyons from Live Love Nourish ([www.livelovenourish.com.au](http://www.livelovenourish.com.au)).

Note: This recipe is free from gluten, dairy and refined sugar.

**Prep:** 20 minutes

**Cook:** 2.25 hours

**Serves:** 8-10

**Ingredients:**

3 large sweet oranges

4 large free range eggs

8 (150g) large medjool dates, pitted & chopped

3 cups (330g) almond meal

2 tsp (5g) baking powder

1 tsp (2g) vanilla powder

**Directions:**

1. Pre-heat fan-forced oven to 175°C.
2. Place 2 oranges in a saucepan and cover with cold water. Bring to the boil then simmer covered for 45 minutes. (Make sure oranges remain covered with water). Drain and cool.
3. Meanwhile, thinly slice remaining orange. Cover the bottom of a lined large round cake tin with the orange slices. Set aside.
4. Cut cooled boiled oranges into quarters (discard any seeds).
5. Place boiled oranges, eggs, dates, baking powder and vanilla powder into your blender and puree until smooth.
6. In a medium bowl mix together orange puree with almond meal.
7. Pour batter on top of orange slices in your cake tin and bake for 1 hour 40 minutes.
8. Allow to slightly cool for 15 minutes then turn out so the orange slices at the bottom become the top of your cake.

**Recipe Tip:**

* If you have a sweet tooth serve with a drizzle of maple syrup on top.
* Instead of lining your cake with orange slices you can also top your batter with almond flakes before baking.

This recipe was designed by Brisbane nutritionist and recipe developer Casey-Lee Lyons from Live Love Nourish. For more healthy, recipes please visit her website [www.livelovenourish.com.au](http://www.livelovenourish.com.au) or follow Live Love Nourish on Instagram (@livelovenourishaus) and Facebook.com/livelovenourish