

O I L C A K E

Preheat oven to 325F conventional bake.

Blend together:

150 g einkorn flour
1/2 t baking powder
1/2 t baking soda
1/2 t sea salt

In separate bowl whisk together until smooth and satiny

1/3 cup (70g) olive oil
1/3 cup (70g) avocado oil
2/3 cup (220g) honey
1 t lemon oil
150 g skyr (Icelandic yogurt)

Beat in

2 x-lg eggs

one at a time.

Add wet ingredients to dry using silicone spatula. Do not overmix.

I baked these in a 6-unit Texas size muffin pan. I think a 9 " round or 8" square pan would also work. I usually brush a little oil on the bottom of the pan(s) and add parchment so that they won't stick to the bottom.

Bake 40 minutes or so until they spring back and the top is golden. Remove from oven, and hang the pan upside down. (I had problems with the cake falling; hanging it upside down until thoroughly cooled seems to solve this.) When cool, run a spatula around the sides and remove the cake(s).

June 8, 2022