

Peach, Blueberry, and Yogourt Cake (Gluten-Free)



Craving a colorful dessert that's bursting with flavors and tastes like summer? This is the perfect recipe for you! Rich in fiber and protein, this dessert can perfectly satisfy an afternoon hunger with a chilled coffee or cap off a meal on the patio.

Preparation 10 min
Cooking 40-45 min
Servings 10
Nutrition Facts (per serving)
Calories 215
Fat 9
Carbohydrates 27
Fibre 3
Protein 7
Sodium 25

Ingredients

- 80 ml (? cup) textured vegetable protein (TVP)
- 250 ml (1 cup) gluten-free flour (or all-purpose flour)
- 80 ml (? cup) almond flour (or coconut flour)
- 15 ml (1 tbsp) psyllium husk (or chia seeds)

- 2.5 ml (½ tsp) baking soda
- 1 ripe banana, mashed
- 2 large eggs
- 125 ml (½ cup) 0% plain Greek yogourt
- 60 ml (¼ cup) vegetable oil
- 60 ml (¼ cup) milk (or plant-based beverage)
- 60 ml (¼ cup) honey (or maple syrup)
- 30 ml (2 tbsp) stevia sweetener, optional
- 7 ml (½ tbsp) vanilla extract
- 1 peach, sliced
- 180 ml (¾ cup) blueberries
- 15 ml (1 tbsp) honey (or granulated sugar)

Preparation

1. Preheat the oven to 180°C (350°F).
2. In a food processor, grind the TVP (and chia seeds if applicable) into powder.
3. In a large bowl, mix the dry ingredients.
4. In a smaller bowl, mix the wet ingredients. Combine the wet ingredients with the dry and mix well. Fold in half of the blueberries gently.
5. Butter a 9-inch springform pan. Pour the batter into the pan and evenly distribute the remaining fruit on top. Drizzle with honey (or sugar) and bake for 40-45 minutes in the oven, or until a toothpick comes out clean.
6. Allow to cool before cutting into portions.

Notes

Keeps for 7 days in the refrigerator in an airtight container.



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