

Gluten-Free Apple Cake

Ingredients:

- 2 cups peeled and chopped apples
- 2 eggs
- 1/2 cup vegetable oil
- 1/2 cup maple syrup
- 1/4 cup brown sugar
- 1 tsp vanilla extract
- 1 1/2 cups gluten-free flour blend (see recipe below)
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt

Instructions:

Preheat oven to 350°F (175°C). Grease a 9-inch round cake pan.

In a large bowl, whisk together eggs, oil, maple syrup, brown sugar, and vanilla.

In a separate bowl, mix flour blend, baking soda, baking powder, cinnamon, nutmeg, and salt.

Add dry ingredients to wet ingredients and stir until combined.

Fold in chopped apples.

Pour batter into prepared pan and bake for 35-40 minutes or until a toothpick comes out clean.

Cool before frosting or glazing.

Crohn's-Friendly Gluten-Free Flour Blend

Ingredients:

- 1 cup white rice flour
- 1/2 cup potato starch
- 1/4 cup tapioca starch
- 1 tsp xanthan gum (optional)

Instructions:

Combine all ingredients in a bowl and whisk until evenly mixed.

Store in an airtight container and use as needed in gluten-free baking.

Dairy-Free Cream Cheese-Style Frosting

Ingredients:

- 1/2 cup dairy-free cream cheese
- 1/4 cup dairy-free butter
- 2 cups powdered sugar
- 1 tsp vanilla extract

Instructions:

Beat cream cheese and butter until smooth.

Add powdered sugar gradually and mix until fluffy.

Stir in vanilla extract.

Spread over cooled cake or use as desired.