



## Aya's Pan Forté (Serve 12)



### Ingredients:

#### For fruits jam

- 1 small orange—peeled, deseeded but use  
 $\frac{1}{3}$  orange peel  
(get rid of the thin white fibres inside)
- 1 small apple or pear—peeled and cored
- 10 small dates
- 1 teaspoon black strap molasses
- $\frac{1}{3}$  cup of coconut sugar or your choice of sugar
- $\frac{1}{2}$  teaspoon cinnamon powder
- 1 tablespoon chia seed

#### For cake

- $\frac{1}{2}$  cup of nuts—roughly crushed  
(e.g. almond, hazel, cashew, pecan etc.)
- $\frac{1}{4}$  cup coconut flour
- 3 tablespoons cacao powder
- Some cacao powder for garnish

\* Storage\* You can store it in the fridge (a few weeks), freezer (a few months) and room temperature (several days) by wrapping with foil.

#### Directions for the fruits jam

- 1) Cut all fruits into small pieces.
- 2) Put all ingredients except for chia seed in a middle size pot.
- 3) Cook 2) until all ingredients become like fruits sauce. (about 20 minutes or so)
- 4) Remove from the heat and add chia seed. Mix well. Cool down for 10 minutes or so.

#### Directions for the cake

- 1) Preheat the oven 170 degree.
- 2) Place baking sheet in the 16 cm diameter cake tin.
- 3) Add nuts in the fruits jam pot and mix well.
- 4) Add the rest of ingredients and mix immediately.
- 5) Spread mixture evenly into a prepared tin with spoon or spatula. Bake for 30 minutes or until a inserted toothpick comes clear.
- 6) Cool down completely before cutting.