



Orange, Thyme and Honey Cakes:

A rustic no fuss fail proof ground almond cake (so yes its gluten free). A great winter cake blending the medicinal qualities of honey; antibacterial, anti-inflammatory, cough suppressant and was even used as an embalming agent by the ancient Egyptians. Couple this with thyme an immune booster, cough suppressant, mood enhancer and blood pressure inhibitor. What a cake!

Ingredients:

250 g ground almonds
3 organic eggs
100 g honey
80 g melted cooled butter
Zest of an orange
3 tsp fresh thyme leaves

Honey Thyme Syrup:

75 g honey
60 ml water
5 sprigs thyme

Topping:

100 g mascarpone
Fresh thyme leaves

Oven 160 C. Combine all ingredients for the cake in a cake mixer until combined- don't over mix. Pour into lined muffin tins bake for 10-12 minutes until firm and golden.

In a saucepan combine the honey and water until just begins to bubble. Add thyme, remove from heat and steep for 10 minutes. Discard thyme and cool. Drizzle over cakes.

Top with piped dollops of mascarpone and thyme sprigs.

Delicious!

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