



Blueberry Raspberry Spelt Cake

Quick to prepare, moist and delicious, this cake is great for snacking or as a special breakfast treat. Whole spelt flour is available in the health food section of most grocery stores, at bulk food stores or in natural food shops.

Servings: 8 to 12

Ingredients:

1-1/2 cups (375 mL) fresh raspberries
1 cup (250 mL) fresh blueberries
3/4 cup (175 mL) all-purpose flour (soft white wheat)
1-1/2 cups (375 mL) whole spelt flour
1/2 tsp. (2 mL) each baking powder and baking soda
1/4 tsp. (1 mL) salt
3 eggs
2/3 cup (150 mL) granulated sugar
1/3 cup (75 mL) butter, melted
1/4 cup (50 mL) vegetable oil
1 tsp. (5 mL) vanilla
1/3 cup (75 mL) sliced almonds (optional)

Preparation:

Line bottom of 8-inch (2 L) square cake pan with parchment paper; grease sides. Set aside.

In small bowl, toss together raspberries, blueberries and 2 Tbsp. (25 mL) of the all-purpose flour; set aside.

In bowl, whisk spelt flour, remaining all-purpose flour, baking powder, baking soda and salt. In separate large bowl, beat eggs with sugar until pale and thickened, about 3 minutes. Stir in butter, oil and vanilla. Stir in flour mixture until smooth. Fold in berries. Scrape into prepared pan. Sprinkle with almonds (if using).

Bake in centre of 325°F (160°C) oven for 50 minutes or until golden brown and cake tester inserted in centre comes out clean. Let cool in pan on rack. *(Make-ahead: Cover and store at room temperature for up to 2 days. Or wrap in plastic wrap and freeze in airtight container for up to 2 weeks.)*

