

Coconut Flour Cake with Maple Buttercream Frosting via Rubies & Radishes

Coconut Flour Cake (adapted from [Nourished Kitchen](#))

Ingredients

- 1 dozen eggs
 - 2 cups coconut milk (I used [homemade](#))
 - 1/2 cup maple syrup (make sure to choose 100% real maple syrup, with no added sugar)
 - 2 tsp vanilla extract
 - 2 very ripe bananas
 - 2 cups coconut flour (I used [this kind](#))
 - 1/2 tsp baking soda (I used [this kind](#))
 - 1/4 tsp sea salt
 - coconut oil for greasing the pan (I used [this kind](#))
1. Preheat oven to 350F.
 2. Whisk together the eggs, coconut milk, bananas, 1/2 cup maple syrup, and vanilla extract. Mix until smooth.
 3. Add coconut flour, baking soda and sea salt to the egg mixture and whisk until a smooth batter forms.
 4. Grease 2 - 9 inch round cake pans with coconut oil.
 5. Divide up the batter evenly between the 2 cake tins. Use a rubber spatula to smooth it out.
 6. Bake for 40 minutes, or until a toothpick inserted into the center of the cake comes out clean.
 7. Allow the cake to cool.
 8. Cover both cakes with frosting (recipe below). Fill the center with cooked strawberries (recipe below). You can also use the strawberry filling to decorate the cake.

Whipped Maple Buttercream Frosting

Ingredients

- 1/2 cup maple syrup
 - 16 ounces grass-fed butter, softened but still cool
 - 4 eggs, preferably pasture raised
 - 1 tablespoon vanilla extract
 - 3/4 cup heavy cream (preferably raw and grass-fed)
 - dash of sea salt
1. In a small saucepan set over medium-high heat, bring the maple syrup to a boil, and cook until it registers 240 degrees on a candy thermometer, about 15 minutes. Remove from heat.

2. While your maple syrup is heating, in the bowl of an electric mixer fitted with the whisk attachment, beat the eggs on high speed until light and fluffy, about 5 minutes.
3. With the mixer running, slowly pour syrup down the side of the bowl in a slow, steady stream, until completely incorporated, about 1 minute. Continue beating for an additional 4 to 5 minutes. Add butter, one piece at a time, until thoroughly incorporated. Then add heavy cream slowly and whip until it is well combined and fluffy.
- 4.

Strawberry Filling

Ingredients

2 cups organic strawberries, stems removed and sliced

1. Place the strawberries in a saucepan over medium heat.
2. After a few minutes, the strawberries will release their juices.
3. Allow them to cook uncovered, occasionally stirring and smashing them.
4. Keep cooking them until the strawberries are soft, smashed and the sauce has reduced. About 30 minutes.