

## CHOCOLATE CAKE

Makes 8 servings

1 cup (250 mL)	brown rice flour blend*
3/4 cup (175 mL)	sugar
1/3 cup (75 mL)	cocoa
1/2 tsp (2 mL)	EACH baking soda, xanthan gum
1/4 tsp (1 mL)	table salt
1/2 cup (125 mL)	<b>black bean</b> purée, at room temperature
1	large egg, room temperature
1/2 cup (125 mL)	hot water (120°F/50°C)
1/4 cup (50 mL)	canola oil
1 1/2 tsp (7 mL)	EACH apple cider vinegar, vanilla extract
	Powdered sugar for dusting

Preheat oven to 350°F/180°C. Generously grease 8-inch round nonstick metal pan. In medium mixing bowl, whisk together flour blend, sugar, cocoa, baking soda, xanthan gum and salt. Add black bean purée and egg; beat with electric mixer on low speed until blended. Add hot water, oil, vinegar and vanilla; beat until well blended. Spread batter evenly in pan. Bake 25-30 minutes or until a toothpick inserted into the centre comes out clean. Cool in pan for 10 minutes, then on wire rack. Dust with powdered sugar and serve.

\*For brown rice flour blend recipe visit [www.foodmanitoba.ca](http://www.foodmanitoba.ca)

**Serve with: ESPRESSO MARTINI** – in a shaker filled with ice, add 1 1/2 oz **Van Gogh Espresso Vodka (Netherlands)** and 1/4 oz simple syrup. Shake and strain into cocktail glass and garnish with maraschino cherry.

## BLUEBERRY-LEMON QUICK BREAD

Makes 12 servings

3/4 cup (175 mL)	EACH <b>yellow pea</b> flour, brown rice flour blend*
3/4 cup (175 mL)	sugar, plus 1 Tbsp (15 mL) for topping
1 Tbsp (15 mL)	baking powder
1 tsp (5 mL)	xanthan gum
3/4 tsp (4 mL)	table salt
1 cup (250 mL)	milk of choice, room temperature
1/2 cup (125 mL)	canola oil
1 tsp (5 mL)	vanilla
2	large eggs, room temperature
3 tsp (15 mL)	lemon zest, divided
1 cup (250 mL)	blueberries, fresh or frozen
1/2 cup (125 mL)	sliced almonds, plus 1 Tbsp (15 mL) for topping

Preheat oven to 375°F/190°C. Generously grease 8x4 inch nonstick metal loaf pan. In medium mixing bowl, whisk together yellow pea flour, flour blend, sugar, baking powder, xanthan gum and salt. With electric mixer on low speed, beat in milk, oil, vanilla, eggs and 2 tsp (10 mL) lemon zest until batter thickens slightly, about 30 seconds. Mix in blueberries and almonds. Spread batter evenly in pan. Combine remaining sugar, lemon zest and almonds; press on top of bread. Let stand for 10 minutes. Bake until loaf browns and a toothpick inserted into the centre comes out clean, about 55-60 minutes. Lay foil over loaf after first 20-30 minutes to prevent over-browning. Cool bread in pan for 10 minutes, then on wire rack.

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**Serve with: GASCON MARTINI** – in a shaker filled with ice, add 1 1/2 oz of **Samalens Armagnac (France)**, a squeeze of lemon and 1/4 oz simple syrup. Shake and strain into cocktail glass, garnish with a twist of lemon.

## APPLE CRISP

Makes 6 servings

### Fruit:

5	large Granny Smith apples
	Zest and juice of 1 lemon
2 Tbsp (25 mL)	sugar
1 tsp (5 mL)	vanilla extract

### Topping:

1/2 cup (125 mL)	<b>chickpea</b> flour
3 Tbsp (45 mL)	EACH packed brown sugar, granulated sugar
1/4 cup (50 mL)	chopped walnuts (optional)
1/2 tsp (2 mL)	cinnamon
1/4 tsp (1 mL)	ground nutmeg
1/8 tsp (dash)	EACH ground cloves, table salt
6 Tbsp (90 mL)	unsalted butter or buttery spread
1 cup (250 mL)	vanilla ice cream (optional)

Place rack in middle of oven. Preheat oven to 350°F/180°C. Coat 8x8 inch baking dish with cooking spray. Peel, core and thinly slice apples. In large bowl, toss apples with lemon zest and juice, sugar and vanilla. Place in baking dish. In same bowl, whisk chickpea flour, brown sugar, granulated sugar, walnuts, cinnamon, nutmeg, cloves and salt with whisk until blended. Cut in butter with a fork until mixture forms small clumps and sprinkle evenly over apples. Bake 40-45 minutes or until topping is crisp and browned. Serve warm, with vanilla ice cream.

**Serve with: CAPTAIN'S SPICED CALVADOS** – in a shaker filled with ice, add 1 1/2 oz of **Captain Morgan Spiced Rum**, 1/2 oz of **Calvados (France)** and dash of simple syrup. Shake and strain into cocktail glass.