

Strawberry & Hazelnut Streusel Cake with a Maple Vanilla Glaze

Amy Symington

Preparation Time: 15 minutes

Cooking Time: 45 to 50 minutes

- Preheat oven to 375°F (190°C)
- Equipment: blender, 8 x 8-inch pans

Ingredients

12 servings

Dry

1 cup (115 g) whole wheat or spelt flour
4 ½ tsp (10 g) ground flax seed
1 tsp ground cinnamon
1 tsp (4 g) baking powder
½ tsp (2 g) baking soda
1/8 tsp sea salt

Wet

¼ cup (60 ml) grapeseed oil
3 tbsp (45 ml) maple syrup
¼ cup (60 ml) water
½ cup (115 g) mashed banana
(1 banana)
1 ½ tsp (7 ml) apple cider vinegar
1 tsp (5 ml) vanilla extract

Garnish

1 ½ cups (225 g) strawberries, sliced and divided
1/3 cup (50 g) dates, pitted and chopped
¼ cup (30 g) toasted hazelnuts, chopped

Streusel Glaze:

¼ cup (40 g) chopped dates
¼ cup (60 ml) water
1 ½ tsp (7 ml) maple syrup
¼ tsp (1 ml) vanilla extract

24 servings

Dry

2 cups (275 g) whole wheat or spelt flour
3 tbsp (15 g) ground flax seed
2 tsp (5 g) ground cinnamon
2 tsp (8 g) baking powder
1 tsp (5 g) baking soda
¼ tsp sea salt

Wet

½ cup (125 ml) grapeseed oil
1/3 cup (80 ml) maple syrup
½ cup (125 ml) water
1 cup (155 g) mashed banana (approx. 2 bananas)
1 tbsp (15 ml) apple cider vinegar
2 tsp (10 ml) vanilla extract

Garnish

3 cups (435 g) strawberries, sliced and divided
2/3 cup (100 g) dates, pitted and chopped
½ cup (60 g) toasted hazelnuts, chopped

Streusel Glaze:

½ cup (80 g) chopped dates
½ cup (125 ml) water
1 tbsp (15 ml) maple syrup
½ tsp (2 ml) vanilla extract

Directions

1. Preheat oven to 350°F (175°C). Lightly grease cake pan. Set aside.
2. In a large mixing bowl, combine all dry ingredients.
3. In a small mixing bowl, combine all wet ingredients.
4. Add the wet to the dry ingredients and thoroughly mix.
5. Carefully fold in half of the strawberries, all the dates, and half of the hazelnuts until fully incorporated.
6. Evenly distribute mix into prepared pan(s). Place in the oven for 30 to 35 minutes. Cake is baked when a toothpick inserted comes out clean. Set aside to cool.
7. Meanwhile, in a blender, puree all glaze ingredients until smooth. Set aside keeping it at room temperature.
8. When ready to serve, drizzle cake with streusel glaze and sprinkle with remaining hazelnuts. Slice and serve with remaining fresh strawberries.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1 piece (68 g) par 1 pièce (68 g)	
Calories 150	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0.2 g	
Carbohydrate / Glucides 21 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 11 g	11 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 100 mg	4 %
Potassium 225 mg	5 %
Calcium 40 mg	3 %
Iron / Fer 0.75 mg	4 %
Vitamin A / Vitamine A 0 mcg	0 %
Vitamin C / Vitamine C 13 mg	14 %
Vitamin E / Vitamine E 1.75 mg	12 %
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Symbols: good source of fibre, good for bowel motility and fatigue, kid friendly, good for all seasons, soy free, freezable, make ahead snack

Functional foods present: red fruit (strawberries), nuts (hazelnuts), seeds (flaxseed), dates, inulin fibre (banana), cinnamon, whole grains (spelt)

Examples of phytonutrients and anti-oxidants present: polyphenols (red fruits, whole grains, dates, cinnamon), lignans (flaxseeds), omega 3 fatty acids (flaxseeds), carotenoids (banana), vitamin C (strawberries, banana), vitamin E (hazelnuts)