

STRAWBERRY BALSAMIC OLIVE OIL CAKE



It is not unusual at all to have a wedge of cake for breakfast in Italy. While that's not the brain-healthiest breakfast, it's wonderful as a special treat while traveling. My inspiration for this Strawberry Balsamic Olive Oil Cake comes from these simple, rustic cakes, often made with almonds, lemon, and a layer of whatever fruit is in season baked into the top.

This one is brimming with strawberries, though, both folded into the batter and atop, along with other brain-boosting ingredients like nutrient-dense flours, extra virgin olive oil, and whole oats.

Makes one 9-inch round cake

Ingredients:

¼ cup extra-virgin olive oil, plus more for the pan
1 pound strawberries
2 tablespoons raw honey
2 teaspoons balsamic vinegar
1 cup almond flour
1 cup stone-ground cornmeal (medium or finely ground)
1 cup old-fashioned rolled oats
¼ cup flaxseed meal
1 teaspoon baking powder
1 teaspoon kosher salt
½ teaspoon baking soda
2 large eggs, at room temperature
1 cup plain, unsweetened whole milk yogurt
½ cup maple syrup
1 tablespoon lemon zest
1 teaspoon pure vanilla extract

Instructions:

Preheat the oven to 375°F. Brush a 9-inch round springform pan with oil, line it with parchment paper, and brush the paper with more oil. Set aside.

Pick out 5 of the smallest berries and slice them thinly lengthwise; set aside to press into the top of the cake. Coarsely chop the remaining berries; you should have about 2 cups. Set aside.

In a small measuring cup, whisk together the honey and balsamic vinegar; set aside.

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In a large bowl, whisk together the almond flour, cornmeal, oats, flaxseed meal, baking powder, salt, and baking soda.

In a separate bowl, whisk together the eggs, yogurt, maple syrup, olive oil, lemon zest, and vanilla, then pour over the flour mixture. Fold with a rubber spatula until only a few streaks of dry ingredients remain. Gently fold in the chopped berries and scrape into the pan. Top the loaf with the sliced berries and drizzle the balsamic mixture overtop.

Bake until the edges are deeply browned and a toothpick placed in the center comes out clean, 55 to 60 minutes. Cool completely, then release the sides of the springform pan. Cut into wedges and serve.