

Apricot & almond upside-down cake



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Preparation: about 25 mins **Cooking:** about 50 mins **Serves:** 6–8

Ingredients:

200g butter, at room temperature
1/2 cup firmly-packed brown sugar
500g apricots, halved, stone removed
and each half cut into 3 wedges
1 cup caster sugar
1 tsp vanilla essence
3 eggs, at room temperature
1 1/2 cups self-raising flour, sifted
1/2 cup almond meal
reduced fat vanilla ice-cream or
whipped cream, to serve

Method:

1. Preheat oven to 180°C. Line base of a 22cm round non-stick cake pan with baking paper.
2. Melt 75g butter and drizzle over base of pan. Evenly sprinkle with brown sugar. Arrange apricots, skin-side down, in the base of the pan. Set aside.
3. Using electric beaters, beat remaining 125g butter, caster sugar and vanilla essence on high in a large bowl for 5–6 minutes or until thick, pale and creamy. Beat in eggs one at a time, beating well after each addition.
4. Using a large metal spoon, gently fold in sifted flour and almond meal. Evenly spoon mixture over apricots. Smooth the top. Bake for 45–50 minutes or until a skewer inserted in the centre of cake comes out clean. Leave in pan for 10 minutes then invert cake onto a serving plate to cool. Slice and serve with reduced fat vanilla ice-cream or whipped cream.



Apricots:

- A good source of dietary fibre, which is important to keep the intestine healthy.
- The deeper the colour of an apricot, the higher its content of beta carotene (which the body converts to vitamin A). Vitamin A helps protect against infection and is especially important for the eyes.
- Low glycaemic index (GI), meaning their carbohydrate is released at a nice slow steady rate.