

Mini Berry Cakes



Indulge in flavor harmony with our recipe for mini berry cakes delights. Savor these indulgent and wholesome desserts that will satisfy your taste buds.

Preparation 5 min

Cooking 20 min

Servings 10

Nutrition Facts (per serving)

Calories 175

Fat 9

Carbohydrates 22

Fibre 3

Protein 4

Sodium 35

Ingredients

- 250 ml (1 cup) pitted dried dates
- 175 ml ($\frac{3}{4}$ cup) water
- 375 ml (1 $\frac{1}{2}$ cups) mixed berries
- 250 ml (1 cup) whole wheat flour
- 10 ml (2 teaspoons) baking powder
- A pinch of salt 2 beaten eggs

- 80 ml (? cup) milk
- 5 ml (1 teaspoon) vanilla extract

Preparation

1. Place the dates and water in a bowl, microwave for 3 minutes.
2. Using a fork or immersion blender, puree the dates.
3. Preheat the oven to 350°F (175°C).
4. In a muffin tin, spread the mixed berries. *As I like to fill the bottom of the molds completely, I only use 10 out of the 12 molds.
5. In a bowl, mix the flour, baking powder, and salt. Set aside.
6. In another bowl, combine the date puree, eggs, oil, milk, and vanilla extract. Incorporate the liquid ingredients into the dry ingredients and spread the mixture over the berries.
7. Bake in the oven for 15 to 20 minutes or until a toothpick inserted into the center comes out clean.
8. Allow to cool slightly and serve upside down with a drizzle of maple syrup to taste.

Notes



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