

GLUTEN FREE CARAMEL APPLE UPSIDE DOWN CAKE

BY: THIS MESS IS OURS

PREP TIME: 20 MIN COOK TIME: 40 MIN TOTAL TIME: 1 HR SERVINGS: 8

INGREDIENTS

1/2 cup Premier Protein Vanilla Protein Shake
1 1/4 cups gluten free all purpose flour, plus more for dusting pan
1/2 cup plus 2 tablespoons unsalted butter, softened
1/4 cup firmly packed dark brown sugar
1 apple sliced into thin rounds, seeds removed
1 cup granulated sugar
3 large eggs
1/4 cup apple sauce
1 teaspoon vanilla extract
1/4 cup finely ground almond flour
2 1/4 teaspoons baking powder
1/4 teaspoon coarse kosher salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon ground ginger
1/2 cup Premier Protein Vanilla Protein Shake

FOR THE CARAMEL SAUCE:

1/2 cup sugar
1/4 cup water
1/4 teaspoon coarse kosher salt
1/4 cup heavy whipping cream, warmed
2 tablespoons unsalted butter

DIRECTIONS

BAKE THE CAKE:

Preheat the oven to 350°F. Spray an 8-inch round cake pan with coconut oil spray and sprinkle the sides with gluten free flour. Place 2 tbs butter into the prepared pan, then place the pan in the oven until the butter is melted. Sprinkle brown sugar in an even layer over the melted butter then arrange the apple slices in a ring around the outside edge of the pan with the slices slightly overlapping each other. In a large mixing bowl, beat the granulated sugar and the remaining 1/2 cup butter with a mixer at medium speed until fluffy, about 3-4 min, stopping to scrape the sides of the bowl as necessary. Add eggs, one at a time, beating well after each addition. Beat in the vanilla and the applesauce. Set aside. In a separate bowl whisk together the remaining 1 1/4 cups gluten free all purpose flour, almond flour, baking powder, salt, cinnamon nutmeg, and ground ginger.

DIRECTIONS

With the mixer on low speed, gradually add the flour mixture to the butter mixture alternately with the Premier Protein Vanilla Protein Shake, beginning and ending with the flour mixture, beating until just combined after each addition. Pour the batter over the apple slices, smoothing the top with an offset spatula. Gently tap the pan on the counter to release any air bubbles from the batter.

Bake for 35-40 minutes or until a wooden pick inserted in the center of the cake comes out clean. Run a knife around the edges of the cake to loosen then invert the cake onto a serving platter and gently remove the pan.

MAKE THE CARAMEL SAUCE:

In a small saucepan, heat the sugar, water, and salt over high heat, gently swirling the pan to combine. Cook until golden brown, 5-7 minutes. Remove from the heat and carefully stir in the warm cream and butter. Drizzle the desired amount of caramel over the prepared cake.

If you have any leftover caramel, transfer to a heatproof bowl, and let cool. Refrigerate in an airtight container for up to 2 days. When ready to use, heat the caramel in the microwave in 15 second intervals until pourable.