FRENCH · DESSERT · SNACK

Oat and Kefir Cake with Pears and Apple

55 min · Makes 8 × 1 slice (⅛ of the cake) · 207 kcal a portion · Video 3:58 · One day One recipe

Vegetarian · No nuts listed

Pears, apple, oats and kefir make up most of this cake, so a slice has 3.5 g of fibre and only about 5 g of added sugar, far less than a usual fruit cake.

Diet notes: Low saturated fat (1.8 g, 8% of the energy); DASH-friendly (120 mg sodium a serve).

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Ingredients

15 · MAKES 8 × 1 SLICE (⅛ OF THE CAKE)

- [ ] 125 g **flour**
- [ ] 1 tsp **baking powder**
- [ ] 1 pinch of **salt**
- [ ] 1 pinch of **baking soda**
- [ ] 1 tsp **ground cinnamon**
- [ ] 100 g **rolled oats**
- [ ] 250 ml **milk kefir**
- [ ] 2 **eggs**
- [ ] 30 g **sugar**
- [ ] 1 tbsp **vanilla extract**
- [ ] 2 **pears**, peeled and cut into pieces
- [ ] 1 **apple**, peeled and cut into pieces
- [ ] a little **sugar** (about 1 tbsp) mixed with the cinnamon below, for sprinkling
- [ ] a little **ground cinnamon** (about ½ tsp), for sprinkling
- [ ] 15 g **butter**, melted

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 180 °C and line a baking dish or cake tin with baking paper. 2:07
2. Mix the flour, baking powder, salt, baking soda, 1 tsp cinnamon and the oats in a bowl. In another bowl whisk the kefir, eggs, 30 g sugar and vanilla, then whisk them into the dry ingredients. 0:00
3. Spread the peeled, chopped pears and apple over the base of the dish and pour the batter over them. 2:13
4. Bake for 35–40 minutes in all. Meanwhile mix the topping sugar with the extra cinnamon. 2:25
5. Ten minutes before the end, pour the melted butter over the cake, sprinkle with a few pinches of the cinnamon sugar and return it to the oven for the last 10 minutes. Cool before turning out. 2:44

> **Tip** Serves 8 (our estimate). The cook's swaps: gluten-free flour for the flour, maple syrup for the sugar, and milk soured with 1 tbsp lemon juice if you have no kefir.

The method is a summary in our words — the video shows every step.

One portion, 1 slice (⅛ of the cake), gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
207 kcal 870 kJ	6.1 g 12% of a day	36 g 33 g net · 13 g sugars 13% of a day

FIBRE	FAT	SODIUM
3.5 g 12% of a day	4.2 g 1.8 g saturated 5% of a day	120 mg 5% of a day

Energy from net carbs 68% · protein 13% · fat 19%

High in (20%+ of a day) Selenium 25%

Source of (10–19%) Vitamin B12 10%

Recipe and video: One day One recipe (@UnjourUnerecettekatyseats) on YouTube — youtube.com/watch?v=fYs9Ou7OL2k, published 7 June 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/oat-kefir-pear-apple-cake