

Papaya Cake

Summary

Yield	Servings
Source	wailana
Prep time	10 minutes
Cooking time	30 minutes
Total time	40 minutes

Description

I like to cook the papaya pulp first for this cake because it reduces the fruit water and increases the delicate papaya flavor. The consistency of cooked papaya works well in baking. Papaya is a good source of vitamins A, B, and C. It also tones the stomach and cleanses the blood.

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Ingredients

--Batter:

2 c

Scooped papaya flesh

3 Tbsp

Safflower oil

1¼ c

Granulated fructose

1 tspn

Vanilla

1 tspn

Lemon juice

1½ tspn

Cinnamon

1½ tspn

Nutmeg

1½ c

Whole wheat pastry flour

1½ c

Unbleached white flour

1½ tspn

Salt

1 1/4 tspn
Baking powder
1 tspn
Egg replacer powder

--Topping:

1/4 c
Roasted macadamia nuts, finely chopped
1 Tbsp
Brown sugar
1 Tbsp
Maple syrup
1 tspn
fresh ginger juice*
1/2 tspn
Egg replacer powder

Instructions

1. Place the papaya in a saucepan on medium-low heat. Cook for 20-30 minutes, or until reduced to 1 cup thick pulp, stirring occasionally. Remove from the heat and chill until cool.
2. Preheat the oven to 350°F. Place the cooked papaya pulp in a bowl along with the next 4 ingredients and mix well. In another bowl, combine the remaining dry ingredients. Add the dry to the wet ingredients and mix well. Pour the batter into a lightly oiled 8x8-inch baking dish. Bake for 40-45 minutes.
3. Mix the topping ingredients together in a small bowl. When the cake is cooked, spread the topping evenly over the cake. Bake for 5 more minutes to caramelize the topping, which should be light golden and lacy. Cool before cutting into 9 pieces.

Notes

*To make fresh ginger juice, simply grate some fresh ginger, then manually squeeze the pulp.

Nutritional Information Per Serving:

Calories: 174, Fat 7.4g (68 cal), Carbohydrate 24.3g (97 cal), Protein 2.1g (9 cal)

Added information: Saturated Fat 0.7g, Cholesterol 0mg, Sodium 96mg, Dietary Fiber 1.9g

Source URL: <http://www.wailana.com/lifestyle/recipe/papaya-cake>