



## From the Kitchen of Executive Chef Jessica VanRoo



### Gingerbread Bundt Cake

Serves 12

*463 calories per serving*

#### Description

Pull out that Bundt pan and serve up some nostalgic happiness with this classic gingerbread cake. Spiced with ginger, allspice, cinnamon and nutmeg, this decadent cake also supplies important nutrients. Topped with an elegant maple glaze, this dessert will give any holiday meal a wow factor!

Did you know that ginger has strong anti-inflammatory properties? Studies have consistently shown that 1 gram ( $\frac{1}{4}$  teaspoon) or more of ginger can successfully treat nausea caused by morning sickness, chemotherapy and sea sickness.

Despite being a single spice, allspice tastes like cloves, pepper, cinnamon and nutmeg combined, or so say the British who named it. It's also rich in antiviral, anti-inflammatory and antioxidant compounds, including eugenol, quercetin, gallic acid and ericifolin.

A compound called cinnamaldehyde, gives cinnamon its own antioxidant potency, helping to fight inflammation as well as lower blood cholesterol and triglycerides. Where cinnamon really shines is in its effects on blood sugar levels. Studies show it can lower fasting blood sugar by 10% to 29% in diabetic patients. The effective daily dose of cinnamon is typically a  $\frac{1}{2}$  teaspoon to 2 teaspoons.

Total cost: \$26.95/\$0.58 per serving



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#### Glaze

- 2  $\frac{3}{4}$  cups all-purpose flour
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{2}$  teaspoon salt
- 1  $\frac{1}{4}$  teaspoon ground ginger
- $\frac{1}{4}$  teaspoon allspice
- 1 teaspoon cinnamon
- $\frac{1}{4}$  teaspoon ground nutmeg
- 4 eggs whisked, room temp
- 1  $\frac{1}{4}$  cups dark brown sugar, preferably monk fruit sweetened
- 1 cup unsalted butter, melted
- 1 cup buttermilk
- $\frac{1}{2}$  cup molasses

#### Filling

- 1  $\frac{1}{2}$  cups powdered sugar
- 1 tablespoon maple syrup
- 2 tablespoons milk



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#### Instructions

1. Preheat oven to 350 degrees, grease and flour a Bundt pan large enough to hold 10 cups.
2. Whisk flour, baking soda, baking powder, salt, ginger, allspice, cinnamon and nutmeg in a medium bowl.
3. Mix eggs, brown sugar, butter, buttermilk and molasses in a separate bowl.
4. Combine wet and dry ingredients, mixing just until it is combined.
5. Pour batter into prepared pan, bake 45-50 minutes, or until a toothpick inserted in the middle comes out with a few moist crumbs.
6. Remove from oven and allow to cool in pan 10-15 minutes, then invert pan onto a cake stand or plate. When completely cooled, lift pan and top with glaze.

\*To make the maple glaze, combine syrup, powdered sugar and milk and mix well. Drizzle over cake as desired.