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Cranberry Upside Down Cake - Single Serve (S)

Why wait for Thanksgiving or Christmas day? Start enjoying the taste of the Holidays today with this speedy, single serve cake. Or, on the big day – others in your family may want to eat the weight promoting stuff, but you can whip this up and not feel a bit deprived.

Serving Size: Single-serve

INGREDIENTS:

For the Batter...

- 3 Tbsp THM Baking Blend (or, 1 Tbsp each: coconut flour, golden flax meal, and almond flour)
- 2 to 3 tsp THM Super Sweet Blend
- 1 dash mineral salt
- 1/4 tsp vanilla extract
- 1 egg
- 1 Tbsp butter (or coconut oil)
- 1/2 tsp aluminum-free baking powder

For the Topping...

- 1 Tbsp melted butter (melted)
- 1 tsp THM Super Sweet Blend
- Cranberries (fresh or frozen) (your desired amount)

INSTRUCTIONS:

1. In a bowl, mix all batter ingredients well with a fork and set aside.
2. Using a microwave safe dish with a flat bottom, melt butter for the topping, then sprinkle with the Super Sweet Blend and desired amount of cranberries.

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3. Gently spoon batter over toppings and microwave for 1 minute. Cooking time may vary. (*Our purists will want to melt butter in a small saucepan then bake the cake in a baking dish or ramekin for 15 minutes at 350.)
4. When done, invert onto a plate, being sure to scrape out all the butter topping.

RECIPE NOTES:

- ▶ Using the THM Baking Blend in this recipe might produce a slightly denser cake than if using the coconut flour + golden flax + almond meal option.
- ▶ This recipe should be kept in an S setting and makes a delicious breakfast, afternoon snack or Holiday dessert.

SERVING SUGGESTIONS & VARIATIONS:

- ▶ This can be made with other berries such as raspberry or blueberry. You can also add nuts to the batter or the topping, if desired.
- ▶ A little grated orange or lemon rind in the topping gives it a pop of citrus flavor.

NSI (if using a store-bought, plan-approved sweetener and store-bought flours in place of the THM Baking Blend)

The [*Cranberry Upside Down Cake - Single Serve*](#) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.