

Natrel[®]

Gingery Acorn Squash Cake

This cake is moist and filled with flavours. The whipped cream topping adds just the right touch of decadence without overpowering the flavours of the cake.



SERVES
12



PREPARATION TIME
50MIN.



COOKING TIME
30MIN.



COOLING TIME
60MIN.

Ingredients

Cake

1 small acorn squash
1/2 cup olive oil
1 cup brown sugar
2 large eggs
1 tbsp. freshly grated ginger
2 1/4 cups whole grain spelt flour or whole wheat pastry flour
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. cinnamon
1 1/2 tsp. ground ginger
1/2 tsp. salt
1 cup Natrel Fine-filtered 3.5% Milk
1 cup halved walnuts

Whipped Cream Topping

1 cup Natrel Lactose Free 35% Whipping Cream
1 tsp. blackstrap or fancy molasses
1/4 tsp. cinnamon
2 tbsp. icing sugar

Preparation

Cake

1. Preheat oven to 375°F.
2. Slice acorn squash in half and scoop out the seeds. Place, cut side down, on a parchment paper or aluminium foil-lined baking tray. Roast for 30 to 40 minutes, or until the flesh can be easily pierced with a fork. Set aside to cool.
3. Lower oven temperature to 350°. Spread walnut halves on a baking sheet and toast in the oven for 8 minutes or until dark in colour and fragrant. Set aside.
4. In a large bowl, whisk together oil and sugar. Add eggs and freshly grated ginger.
5. Scoop cooked acorn squash flesh out and mash in a small bowl with a fork. Stir 1 cup of the puree into the liquid ingredients.
6. In a separate bowl, whisk together flour, baking powder, baking soda, cinnamon, ground ginger and salt.

7. Alternate adding 1/2 of the dry ingredients and the milk to the wet ingredients, beginning and ending with the dry ingredients. Stir well after each addition to combine.
8. Roughly chop toasted walnuts and stir into the cake batter.
9. Pour batter into prepared cake pan and bake in preheated oven for 30 minutes or until an inserted toothpick comes out clean. Let cool for at least 20 minutes in the pan. Gently run a knife around the edge of the cake and release it from the pan. Transfer to a plate or cake stand and let cool completely.

Whipped Cream Topping

1. To help your cream whip better, place both the bowl and the beaters in the freezer for 10 minutes before beating. Be sure to keep the cream in the fridge until the moment you need it – cold whipping cream is best for whipping.
2. Whisk together the cream, molasses, cinnamon, and icing sugar. Using a whisk or electric beaters, beat until thickened and stiff. Spread over top of cooled cake. Serve immediately or store, covered, at room temperature. The cake will keep for up to 3 days.