Post Partum Ginger Cake

Reconfigured by Ellenie Cruz and Asc3nsion Art
Adapted From: Rachelle Garcia Seliga and INNATE Postpartum Care

A little info about what is in the cake and how it works on the postpartum body:
> Ginger, Cinnamon, Cloves and Black Pepper are all WARMING spices—essential for the postpartum period. Blackstrap molasses contains vital vitamins and minerals, such as iron, calcium, magnesium, vitamin B6, and selenium.

Ingredients:

8 Tablespoons fresh ginger

1 cup Black Strap Molasses

½ cup Sugar - I use Coconut Sugar

1 cup Coconut oil or Grassfed Butter (try half and half if you are not dairy free)

2 ½ cups oat flour

1 teaspoon ground cinnamon

½ teaspoon ground cloves

½ teaspoon ground black pepper

½ teaspoon of nutmeg - optional

1 cup water or (tea that doesn't have too strong of a flavor, get creative use nettle tea or cardamom tea YUM!!)

2 teaspoons baking soda

¼ cup flax seed (sub 2 eggs if you are not vegan)

Preparation:
Position the oven rack in the center of the oven. Preheat the oven to 350°F. Line a 9 by 3-inch round cake pan or a 9 1/2 inch springform pan with a circle of parchment paper.

Grate the Ginger. Mix together the molasses, sugar, and oil. In another bowl, sift together the flour, cinnamon, cloves and black pepper.

Bring the water to the boil in a saucepan, stir in the baking soda, and then mix the hot water into the molasses mixture. Stir in the ginger.

Gradually whisk the dry ingredients into the batter. Add the eggs, and continue mixing until everything is thoroughly combined. Pour the batter into the prepared cake pan and bake for about 1 hour, until the top of the cake springs back lightly when pressed or a toothpick inserted into the center comes out clean. If the top of the cake browns too quickly before the cake is done, drape a piece of foil over it and continue baking.

Cool the cake for at least 30 minutes. Run a knife around the edge of the cake to loosen it from the pan. Remove the cake from the pan and peel off the parchment paper.