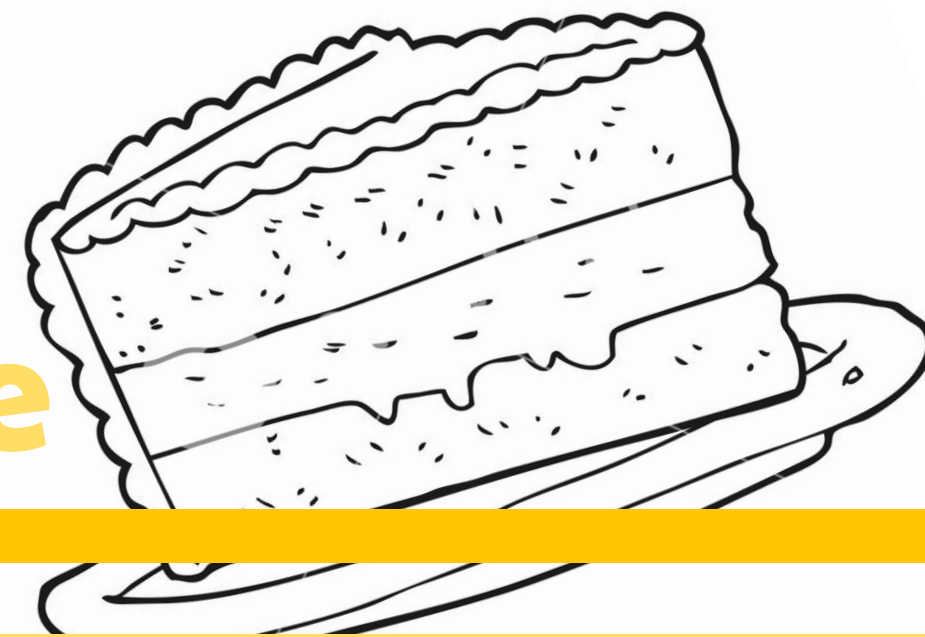




MacPhee Centre for Creative Learning

# upside-down fruit cake



## INGREDIENTS

### Fruit topping:

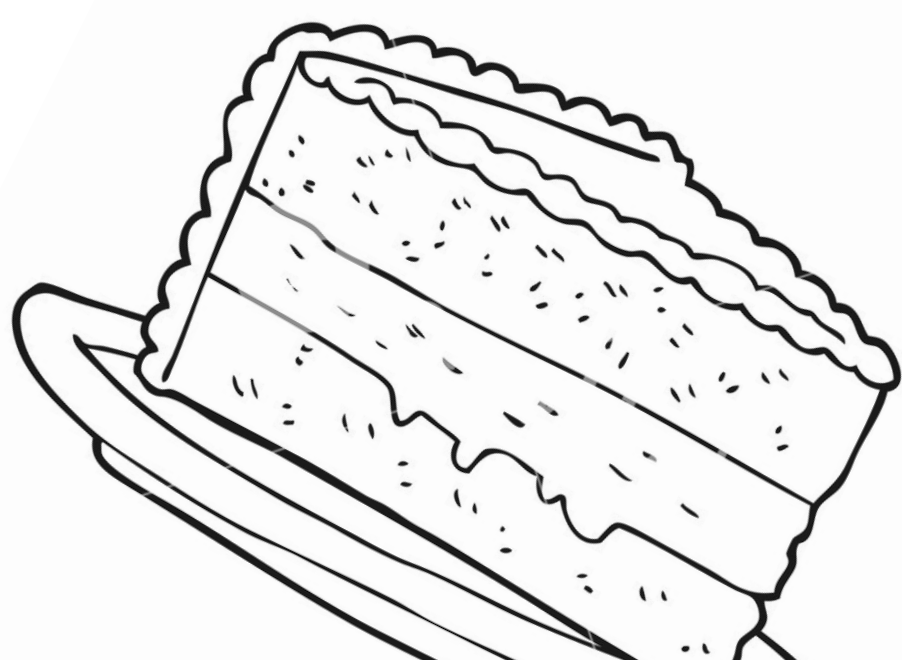
2 tbsp. canola oil  
1/4 cup granulated sugar  
2 tsp. cinnamon  
6 medium apples, pears,  
plums OR peaches

### Cake batter:

1 1/5 cup rolled oats  
1 1/2 cups flour  
3/4 cup granulated sugar  
1/3 cup ground flaxseed  
1 tsp. baking powder  
1 tsp. baking soda  
zest from 2 lemons  
1/2 tsp. salt  
3/4 cup canola oil  
4 eggs  
1/2 cup water or milk

## INSTRUCTIONS

1. Preheat oven to 400 degrees
2. For the fruit topping, put the canola oil into one 9x13' pan or two 8-inch pans.
3. Combine sugar and cinnamon, and sprinkle evenly over oil and place in oven for 2 minutes.
4. Once fruits have been peeled, cored, and sliced, place them in overlapping layers over the cinnamon sugar, and bake for 10-15 minutes.
5. While the topping is baking, combine rolled oats, flour, sugar, flaxseed, baking powder, baking soda, salt, and zest into a large bowl until well combined.
6. Whisk together canola oil, eggs, and water (or milk) until well combined.
7. Add wet mixture to dry mixture and stir until vigorously until well mixed.
8. Spread batter evenly over fruit and bake for 20 minutes.
9. Allow to cool for 5-10 minutes. Then loosen edges with a knife, upside down onto a serving plate.



# enjoy