

Cypriot Tahini Cake (Gluten-Free Tahinopita)

Gluten-Free | Dairy-Free | Mediterranean-Inspired

| Serves: 8 | Prep Time: 15 min | Bake Time: 40 min

Ingredients:

- ½ cup (120 ml) tahini (well stirred)
 - ½ cup (120 ml) maple syrup or honey (for a more traditional flavor)
 - 2 large eggs (room temperature)
 - ½ cup (120 ml) almond milk (or other plant milk)
 - 1 tsp vanilla extract
 - 1¼ cups (120g) almond flour
 - ½ cup (60g) tapioca flour or cornstarch
 - 1 tsp baking powder (gluten-free)
 - 1 tsp cinnamon
 - ¼ tsp salt
 - Optional: 2 tbsp sesame seeds for topping
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Instructions:

1. Preheat the oven and prepare your pan:

- Preheat your oven to 175°C / 350°F.
- Grease a 20cm / 8-inch round or square baking pan with a bit of tahini or line it with parchment paper.

2. Mix wet ingredients:

- In a large mixing bowl, add:
 - ½ cup tahini (stir it well before measuring to ensure it's smooth and not separated)
 - ½ cup maple syrup (or honey)
 - 2 eggs
 - ½ cup almond milk
 - 1 tsp vanilla extract
- Use a whisk or hand mixer to combine everything until the mixture is smooth and creamy (about 1 minute).

3. Mix dry ingredients in a separate bowl:

- In another bowl, mix:
 - 1¼ cups almond flour
 - ½ cup tapioca flour
 - 1 tsp baking powder
 - 1 tsp cinnamon
 - ¼ tsp salt

- Stir with a spoon or whisk to combine well and break up any lumps.

4. Combine wet and dry ingredients:

- Slowly add the dry mixture to the wet ingredients.
- Stir with a rubber spatula or wooden spoon, folding gently until no flour pockets remain.
- The batter should be thick but pourable.

5. Optional topping:

- Pour the batter into your prepared pan.
- Smooth the top with a spatula.
- Sprinkle 2 tbsp sesame seeds evenly on top if using.

6. Bake the cake:

- Bake for 35 to 40 minutes, or until a toothpick inserted in the center comes out clean.
- The top will be slightly golden and set.

7. Cool and serve:

- Let it cool in the pan for 10–15 minutes.
- Transfer to a wire rack and allow to cool completely before slicing.

- Serve at room temperature or slightly warm.

Benefits:

- Tahini is rich in calcium, iron, and healthy fats.
- Almond flour adds protein and vitamin E.
- Tapioca flour makes the texture soft and springy without using gluten.
- Naturally dairy-free and refined sugar-free if you use maple syrup.