Susan Samueli Integrative Health Institute

From the Kitchen
of
Executive Chef
Jessica VanRoo

Light Chamomile Pound Cake

One loaf serves 6-8

Ingredients

Pound Cake:
- 5 tablespoons honey
- 5 tablespoons unsalted butter or refined coconut oil, melted
- 3 bags chamomile tea, plus 2 teaspoons dry chamomile tea leaves for flour mixture
- 1 ¼ cup white whole wheat flour, or gluten-free substitute
- ½ cup almond flour, spooned and leveled
- 2 teaspoon baking powder
- ⅓ cup granulated sugar
- 3 eggs
- ¾ cup plain lowfat Greek yogurt
- ½ teaspoon vanilla extract

Glaze:
- 1 cup powdered sugar
- 2 tablespoons strong brewed chamomile tea
- Pinch lemon zest, for garnish

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Instructions

1. Preheat oven to 350 degrees. Grease a 9"x5" loaf pan and dust with flour, or line with parchment.
2. Combine honey and butter or oil in a small pot, and bring to a simmer. Add the 3 tea bags, and allow to steep for 15 minutes. Remove the bags, making sure to squeeze well! Set aside to cool.
3. In a mixing bowl, whisk together flours and chamomile leaves, and baking powder. Set aside.
4. In another bowl, whisk together sugar, eggs, yogurt and vanilla. Whisk in the cooled honey mixture.
5. Pour the wet mixture into the flour mixture. Mix until just combined, be sure not to overmix!
6. Pour into prepared pan. Bake for 40-50 minutes or until a toothpick inserted into the middle comes clean.
7. Cool completely in the pan before removing.
8. To make the glaze, combine the ingredients. Pour glaze over cooled cake, and serve.

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