Cherry and Walnut Upside Down Cake

You can use fresh or frozen cherries for this recipe depending on whether they are in season. If using frozen then you'll need to let them thaw out otherwise the cooking times will be off. This recipe will equally work with lots of other fruit – pears, pineapples and blackberries all work well.

- 1 ¼ cups of buckwheat flour
- ¼ cup milled polenta or polenta flour
- ½ cup organic unsalted butter
- 1 ½ tbsp. honey
- 200ml coconut milk
- 2 eggs, whisked
- 1 tsp vanilla
- ¼ cup walnuts, chopped
- 300g pitted cherries
- 1 tsp cream of tartar

Preheat oven to 170'C and line a loose bottomed cake tin with baking paper.

In a large bowl mix together the flour and polenta. In another bowl mix the honey and the butter together until the butter is soft then add the vanilla.

Start whisking the eggs and the coconut milk into the butter mix alternately, a little egg, a little milk continuously until it has all been added.

Now add this wet mix into the flour mix along with the cream of tartar.

Next place the cherries and walnuts on the base of the tin. Spread them all out to make sure the base is covered and the nuts are scattered all over. Next, pour your cake mix over the cherries and nuts and pop this into the oven for approx. 35 mins. As always with cakes, keep an eye on it from about 25 mins as cooking times can vary. Once the top is golden brown, insert a skewer into it and if it comes out clean your cake is done.

Serve this with either some creamed coconut milk or some Greek yogurt ☺