

# Sugar-Reduced Japanese-Style Poppy Seed & Apple Cake

(For Thermomix TM6 / TM7)

- ✓ Naturally sweetened with apples
- ✓ No flour
- ✓ Suitable for sugar-reduced & sugar-free lifestyles

## Ingredients

### Cake

350 g poppy seeds

9 eggs

**100-150g erythritol / stevia (powdered) - OPTIONAL**  
*(or xylitol; adjust to taste)*

240 g butter, soft, cut into pieces or coconut oil

600 g sweet apples, peeled, cored, quartered and sliced or cubed

100 g dried cranberries (**optional – chopped dates**)

2 tsp gluten free baking powder

1 pinch salt

### Chocolate Topping

150 g dark chocolate (min. 85% cocoa is the best)

30 g double cream

Unsweetened coconut flakes or chopped nuts as topping

## Instructions

### 1. Grind the poppy seeds

Add poppy seeds to the mixing bowl.

**20 sec / speed 10**

Scrape down the sides.  
Repeat if needed until very fine.  
Transfer to a bowl and set aside.

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## **2. Powder the sweetener (if needed)**

Add erythritol or xylitol to the mixing bowl.

**10 sec / speed 10**

Set aside.

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## **3. Whip eggs & sweetener**

Insert butterfly whisk.

Add egg whites and pinch of salt.

**2 min / speed 4**

Until foamy perks form.

Transfer to a different bowl and set aside.

No need to clean the bowl. Add egg yolks and powdered sweetener.

**6 min / 37°C / speed 4**

Remove butterfly whisk.

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## **4. Add butter**

Add soft butter / coconut oil

**30 sec / speed 4**

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## 5. apples

Add apple pieces.

**5 sec / speed 5**

(You want small chunks, not purée.)

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## 6. Add remaining ingredients

Ground poppy seeds

Dried cranberries or dates (if using)

Baking powder

Salt

**30 sec / speed 3**

Scrape down sides and mix again if needed.

Transfer to a large bowl, add previously whipped egg whites and mix them in gently, until the mixture is even.

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## 7. Bake

Pour batter into a **lined 24–26 cm baking tin**.

Bake in a preheated oven:

**180°C (fan 170°C)**

**50–60 minutes (use a wooden skewer to check if it's ready)**

Let cool completely in the tin.

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Add chocolate and cream to the mixing bowl.

**5 min / 37°C / speed 2** Pour over cooled cake and sprinkle with fav toppings.

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## Sugarfree Mama Tips

- 📖 **Naturally sweet:** sweet apples provide moisture and sweetness — no flour or semolina needed
- 📖 **Insulin-friendly:** use erythritol instead of xylitol if insulin resistance is a concern
- 📖 **Perfect texture:** very finely ground poppy seeds are essential
- 📖 **Serving tip:** the cake sets beautifully overnight

Enjoy! Isabela

