

# LEMON BALM & THYME POUND CAKE

A healthy spin on a springtime favorite herbal pound cake! Using gluten-free flour can make these suitable for your gluten-free adventures.

SERVINGS	SERVING SIZE	TIME TO MAKE
12	1 MINI BUNDT	60 MINUTES

## INGREDIENTS

- 1 1/2 cups gluten-free Flour (cake flour makes it super light)
- 1 1/4 teaspoons Baking Soda
- 1/4 tsp Salt
- 1/2 cup Unsalted Butter, at room temperature
- 1 cup Sugar
- 1/4 cup fresh Lemon Balm Leaves, chopped finely
- 2 Tablespoons fresh Thyme Leaves, stems removed
- 2 Eggs, large, at room temperature
- 1 teaspoon Vanilla Extract
- 1 Lemon, zested and juiced
- 1/2 cup Kefir
- Powdered Sugar for dusting

## DIRECTIONS

1. Preheat oven to 350 degree F
2. Lightly grease mini Bundt pans with butter and dust with flour
3. In a medium bowl, whisk flour, baking soda, and salt
4. In a large bowl, cream butter and sugar, then add herbs and gently stir
5. Add eggs and vanilla into the creamed butter bowl, then the lemon zest and juice of the lemon. When extracting the juice, first roll the lemon on a counter to help fully release the juice!
6. Mix a third, alternating between flour bowl and kefir, into the creamed butter bowl
7. Making sure this is a gently mixing, do not over mix
8. Pour into your prepared mini Bundt pan
9. Tap on the counter to allow any air bubbles to rise to the top
10. Place into the oven for 20-30 minutes or until toothpick or cake tester inserted in the center comes out clean. Depending on the size of the Bundt cake, this may change\* (see note below)
11. Cool in pan for about 10 minutes, then gently remove cake from pan(s) and allow to fully cool on a wire rack.
12. Dust with powdered sugar if desired and fresh thyme and lemon balm leaves.

13. Enjoy!

\*If using a 6-cup pan, bake for 40 minutes and adjust as needed

\*If using 3-cup pan, bake for 30 minutes and adjust as needed

\*If using mini bundt pan, bake for 20 minutes and adjust as needed

Nutritional Information per serving: 157 Calories, 9 grams Fat, 5 gram Saturated Fat, 57 mg Cholesterol, 207 mg Sodium, 18 grams Total Carbohydrates, 1 gram Fiber, 1 grams Sugar, 3 grams Protein, 12% Vitamin A, 4% Vitamin C, 3% Calcium, 3% Iron