

Low FODMAP Margarita Cake with Tequila Frosting

Low FODMAP IBS Friendly Lactose-Free Gluten-free

There is so much to love about this rich, festive party cake! It delivers all of the flavors of a margarita in the batter, it's drenched with a freshly mixed citrus margarita, chilled, and topped with a swirly mound of buttercream tequila frosting!

The consistency is like a saturated pound cake (think tres leches) which is why I bake it in a bundt pan. This way I know it will bake evenly without a mushy center. The flavor is fresh, not too boozy, and it can be made without tequila for the kiddos.

This recipe requires 2 to 4 hours in the refrigerator to chill and infuse before frosting, so plan accordingly. It can also be made a day in advance, covered and chilled in the fridge, then frosted just before serving.

Serves: 8 to 10

INGREDIENTS

DRY INGREDIENTS:

3 cups (450 g) low FODMAP gluten-free flour, such as Bob's Red Mill 1 to 1 Gluten-Free Baking Flour, plus 1 Tbsp more for flouring the pan
2 tsps xanthan gum
1 tsp baking powder; use gluten-free if following a gluten-free diet
1 tsp baking soda
1/2 tsp (2.5 g) fine sea salt

WET INGREDIENTS:

1 cup (4-ounces / 115 g) dairy-free butter alternative, softened (such as Earth Balance Vegan Buttery Sticks), plus 2 Tbsp more for greasing the pan
2 cups (400 g) granulated sugar
Zest of 3 oranges
Zest of 2 limes
3 large eggs, room temperature
1/4 cup (60 ml) fresh squeezed orange juice
2 tsps vanilla
1 cup (240 g) plain lactose-free yogurt (such as Green Valley Creamy Lactose-Free Plain Yogurt)

MARGARITA DRENCH INGREDIENTS

2 Tblsps fresh squeezed orange juice
2 Tblsps fresh squeezed lime juice
2 Tblsps (30 ml / 1 shot) tequila blanco (silver)
2 Tblsp (30 ml) maple syrup, plus 1 more tsp to your taste

FROSTING INGREDIENTS:

1/2 cup (2-ounces / 58 g) dairy-free butter alternative, softened (such as Earth Balance Vegan Buttery Sticks)
2 tsps fresh squeezed orange juice
1 tsp fresh lime juice
1 tsp vanilla extract (essence)
3 cups (375 g) confectioners' sugar
1 Tbsp (15 ml) tequila blanco (silver)
2 tsps plain, unsweetened almond milk, if needed
Zest of 1/2 orange for garnish
Zest of 1 lime for garnish

Preheat oven to 350 F / 177 C

Grease and flour a Bundt pan. Set aside.

Whisk the dry ingredients in a medium-size mixing bowl. Set aside.

Place the butter alternative in a stand mixer bowl. Using the whisk attachment, beat on high for 4 minutes to fluff and lighten the consistency, scraping down the sides of the bowl with a spatula as needed. Add the sugar and beat on high for 3 minutes. Add the orange and lime zest, eggs, orange juice, vanilla and yogurt. Beat on high for 2 minutes to fully mix.

On low speed, add the dry ingredients in 3 batches, increasing to medium high speed once everything is added to avoid splatters. Beat on high for 1 minute (this timing will vary greatly between hand mixer and stand mixer).

Pour the batter into the Bundt pan and smooth the top with a spatula. Bake for 35 to 40 minutes. The cake will have risen, but not to the top rim of the pan as an angel cake would. When a toothpick is inserted into the cake and comes out with only a few crumbs, it's ready.

Let cool for 10 minutes. Unmold cake onto a baking rack to cool completely, about 30 minutes. If a few pieces of cake stick to the bottom of the pan, not to worry. Just scrape them off as best you can with a butter knife and fill in the divots on top of the cake. The tequila frosting will completely cover and hide any flaws.

Place the cake on a serving platter. Evenly poke the top of the cake all over with a toothpick, about 1-inch (2.5 cm) apart. Mix the margarita drench ingredients in a measuring cup with a spout and slowly and evenly drizzle over the top of the cake. Cover with plastic wrap and refrigerate 2 to 4 hours to soak and infuse.

For the frosting, wipe the stand mixer bowl clean and switch to the paddle attachment. Add the butter alternative and beat for 3 minutes on high, scraping down the bowl as needed. Add the orange juice, lime juice and vanilla. Beat on high for 1 minute.

On low speed, add the confectioners' sugar in 3 batches, increasing to medium high speed once all has mixed. On high speed, add the tequila 1 tsp at a time. If the consistency is too stiff, add 1 tsp plain almond milk at a time to soften it a bit. If too soft, add 1 Tblsp confectioners' sugar at a time until the frosting forms a somewhat stiff peak with a small curl at the top when scooped with your spatula.

Now that your cake is a delicious, chilled margarita confection, spoon large dollops of frosting all around the top and use a butter knife to form fluffy swirls on top that slightly cascade over the side. Sprinkle with orange and lime zest and let the fiesta begin!

TIPS:

Tablespoons = US Standard/Imperial 3 teaspoons per.

I've had great success with the Bob's Red Mill flour I've suggested. There are other low FODMAP gluten-free baking flour brands on the market, however, I cannot guarantee the consistency and how the margarita drench will hold up with a different LoFO flour.

If you do not have access to a stand mixer, a hand mixer will work just as well, but will take more time to fully beat, fluff and combine the ingredients. Be sure to allow more time to get the desired consistency of smooth batter and frosting.

Once you've zested your oranges and limes, pop them one at a time in the microwave for 10 seconds, as this will release more juices when squeezing.

Stored in the refrigerator, covered with plastic or in an airtight cake container, the cake will keep for 3 to 4 days.

This recipe was assessed and edited by Dede Wilson of FODMAPeveryday.com.



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