

## 1-2-3-4 Cake

Posted on Sep 28, 2010, revised January 2022



- 1 cup coconut oil or butter
- 2 cups sugar (1½ cup evaporated cane juice sugar)
- 3 cups all purpose flour (equal parts of barley, spelt & brown rice flour (for optimal nutrition, soaked & dehydrated the grains before milling))
- 4 eggs
- 3 teaspoons baking powder
- ½ teaspoon salt
- 1 cup milk
- 1 teaspoon vanilla powder
- ½ teaspoon almond powder

Put everything in Bosch, run on high for 2 minutes, scraping sides once or twice. Bake at 350° for 30 minutes.

Variations:

- Use other flavorings
- Add cocoa powder
- Substitute sour cream or buttermilk for the milk and add baking soda with the baking powder.