



# LIVING AND LOVIN HERBS PODCAST

## Brenda's Soul Cakes Gluten and Dairy Free

1 cup hot strong pumpkin pie tea (can substitute black tea and ginger tea)  
¼ cup – dried cranberries coarsely chopped  
¼ cup – chopped walnuts  
¼ cup – grated orange peel  
1 cup - brown sugar  
1 tsp nutmeg  
1 tsp cardamom  
1 tsp cinnamon  
1 tsp salt

1 large egg – slightly beaten  
4 tablespoons vegan butter substitute melted  
½ cup - nondairy milk (I used Almond Milk)

### Dry Ingredients:

2 ½ cups gluten free flour (I used gluten cake flour in this recipe – but not necessary)  
3 tsp baking powder

### Directions:

Make tea and let steep for 5 minutes – then strain into 1 cup and pour into mixing bowl.

Add cranberries, walnuts grated orange peel, brown sugar, nut and salt to bowl and let steep for 25 – 30 minutes.

Add egg and melted butter substitute – mix well in tea mixture.

Add gluten free flour and baking powder and mix together.

Fill greased muffin tins ¾ full with dough and bake in a preheated 350 degree oven for 20 – 22 minutes.

Serve warm with butter or butter substitute.

Happy All Soul's Day!