



## For the LOVE of Pound Cakes

### Key Lime Pound Cake

- 1 cup butter, softened
- ½ cup lard, softened\*
- 3 cups maple sugar, or sweetener of choice
- 6 large eggs
- 3 cups sprouted wheat or brown rice flour
- 1 teaspoon aluminum-free baking powder
- ¼ teaspoon Celtic salt
- 1 cup whole milk
- 1 teaspoon vanilla extract
- 1 teaspoon lime zest (I use 1 tablespoon for a nice lime zing)
- ¼ cup fresh Key lime juice

\* If substituting coconut oil for lard, reduce amount to ¼ cup + 1 tablespoon

1. Preheat oven to 325 degrees. Grease and flour a 12-cup tube pan. In a large bowl, beat butter and lard at medium speed (can use stand mixer, hand mixer, or mix by hand) until creamy. Gradually add sugar, beating at medium speed until light and fluffy. Add eggs, 1 at a time, beating just until blended after each addition.
2. Stir together sprouted flour, baking powder, and salt. Add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in vanilla, lime zest, and lime juice. Pour batter into tube pan.
3. Bake for 1 hour and 30 minutes to 1 hour and 45 minutes or until a wooden toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan to wire rack. Cool completely.

### Key Lime Glaze

- 1 cup powdered rapadura
- 2 tablespoons fresh Key lime juice
- ½ teaspoon vanilla extract

Whisk together all ingredients until smooth. Pour over cooled cake immediately.