

Cerridwen's Cauldron

Inspired Recipes



Lavender Lemon Love Cake

INGREDIENTS

- 3 grams lavender flowers
- 250 ml milk (I used oat-milk)
- 270 grams plain flour
- 1 teaspoon baking powder
- 1/2 teaspoon bicarbonate soda
- 1/2 teaspoon salt
- 1 egg
- 150 ml olive oil
- 1 teaspoon pure vanilla extract (no alcohol)
- lemon zest from 1 large or 2 med lemons
- 50 ml lemon juice from 2 medium lemons
- 185 grams caster sugar

DIRECTIONS:

1. Preheat oven 180C/160C Fan/350 F
2. Line a 9 inch springform pan with parchment paper.
3. Place lavender flowers and milk in a pan; heat for 4 minutes on medium heat. Remove from heat, set aside to fully cool.
4. Continued on next page.....



Recipe Created by Cerridwen Priestess Chef

Sadie Laurenti Whitley 2023

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DIRECTIONS CONTINUED:

3. Sift and combine dry ingredients in a bowl: flour, baking powder, bicarbonate soda and salt.
4. Whisk together: egg, olive oil, vanilla, lemon zest, lemon juice and caster sugar until well combined.
5. With a sieve, pour cooled lavender milk into the whisked bowl of egg, olive oil, etc. Whisk until milk is well combined with mixture. Set aside lavender flowers for later.
6. Pour wet ingredients into the flour bowl; whisk until flour is combined. If there are some lumps in the batter, that is perfectly fine, no worries.
7. Pour batter into prepared springform pan.
8. Bake for 30-40 minutes or until cake tester comes out clean. The top of cake should be golden-brown.
9. Remove from oven and let it cool on wire rack in the springform pan.

OPTIONAL:

1. Lavender flowers can be sprinkled in the garden as an offering in gratitude.
2. Make a lemon zest icing and sprinkle with dried-crushed lavender. Or, you can sprinkle some icing sugar and top with lemon zest and lavender.



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Notes from Priestess Chef Sadie:

Organic ingredients were used to make this cake. You can substitute ingredients such as flour for gluten free flour. Substitute the egg for egg replacement and the milk for a nut milk. I prefer using oat-milk when I know my daughter will be home, so that she can also enjoy a treat with me, and she did enjoy this cake a lot.

I was fortunate to be in California for the months of March and April, as it is lemon season! I was able to harvest fresh lemons from my Bonus-Son's home. These lemons are from Corona Valley which was the biggest producer of lemons three decades ago. Sadly, only a few trees are left as homes have been built on the orchards. My step son (Bonus-Son) has two lemon trees on his property. Cerridwen claimed one large lemon for this recipe and at the same time, I honoured the lemon and its history.

In this season, on her wheel, we honour lavender. It was not difficult to know exactly what She wanted me to create when I was in California harvesting the lemons. I smiled knowing that a lavender lemon cake was to be created. This is a new recipe for this season and for my book. I originally had another lavender recipe prepared for this newsletter that was a lavender and chocolate recipe that I created a few years ago. When Cerridwen throws lemons at me, I don't question Her; I create what She wants in Her season for Her book. So, if Cerridwen throws you lemons, make Lavender Lemon Love Cake!

I love lavender. It is one of my favorite allies. I have grown lavender for decades on my land, and I have created many things with my own harvest, including gifts for friends. I honoured this cake by the lavender fields on my property where I harvested the lavender flowers last year. See photo below.

**Enjoy this cake with a heart full
of Gratitude. Blessed Be.**

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