- Children can use a short knife, with a not-too-sharp blade, to cut down through the apple, as if cutting slices of cake.
- Children can lay each slice down flat on the cutting board to cut out the piece of core visible, and then cut the apple chunk into pieces.

5. Measure half a cup full of apple pieces.
6. In one bowl, mix together the ground nut flour and the baking soda.
7. In another bowl, whisk together the eggs, honey, and butter. Then mix in the apple pieces.
8. Mix everything together, put the mixture in the dish, and bake the cake in the oven for 40 minutes.
9. Serve warm with fresh cream.

For special occasions, a topping and glaze can be added.

Topping:

1. Prepare 3 apples: Cut the apples in half, remove the cores, and cut the apple pieces into thin slices.
2. Prepare two pots of water; one of boiling water, one of ice-cold water.
3. Blanch the apple slices in the boiling water for one minute, to soften.
4. Transfer the apple slices into the ice-water, to stop the cooking process.
5. Place the apple slices on a paper towel to dry off any water.
6. Arrange the apple slices on top of the cooled cake: start from the outer edge, working toward the center, to form a circular pattern.

Glaze:

1. Melt 2 tbsp of runny honey with 1 tbsp butter (or coconut oil).
2. Bring to the boil, stirring.
3. Boil for one minute, stirring.
4. Leave to cool for a few minutes.
5. Spoon over the cake, allowing the glaze to drizzle over the sides.
6. Enjoy your apple cake warm with cream.