



## Whole meal plumcake, kefir and walnuts



Lately, **kefir** has become more and more popular among the consumers as a breakfast drink or snack, and is often recommended by nutrition specialists as an alternative to yogurt. In addition, it has recently sparked interest in the scientific community for its many beneficial health effects.

The **lipid content of kefir varies according to the type of milk used**; the same rule applies to the vitamin content. Kefir **is rich in: vitamins B, C, A and K**, carotenoids and **folic acid**. Besides, it is a **good source of magnesium, calcium and potassium** and also of **minerals** (such as zinc, copper, manganese, iron, which are found only in milk kefir).

As reflected, kefir is a complete drink, rich in important nutrients, also developed thanks to the fermentation process. Many of the bacterial species isolated in kefir have shown a high resistance to the pH of the gastrointestinal tract and they are also able to adhere to the cells of the intestinal mucous coat. For these characteristics we can

consider kefir an **excellent probiotic**, as the microorganisms present are able to reach the intestine alive and active.

## Nutriliplidomic recipe

### Plumcake with wholemeal flour, kefir, nuts and honey

Today we suggest a lipidomic version of one of the most popular cakes for breakfast and snack: the plumcake made with kefir and walnuts.

Ingredients (*mold 31×11*):

- 350 gr whole meal flour
- 100 g of corn starch or potato starch
- 180 gr walnut kernels
- 120 gr EVO oil
- 300 gr white kefir
- 90 gr honey (preferably acacia, because it has a less strong taste)
- 50 gr of raw whole cane sugar
- 2 eggs
- 1 sachet of vanilla yeast

#### **Method:**

The walnut plum cake with kefir and honey is a soft and genuine dessert perfect to be enjoyed at breakfast or as a snack. Here is the simple recipe, step by step.

Chop the walnuts, not too finely with a wide blade knife. Alternatively, chop the walnuts in the bowl of the mixer with the intermittent phase, not to reduce them to flour. Most willing to remain about the size of a grain of rice. With an electric whisk, beat the eggs with the sugar and a pinch of salt, until they are light

and fluffy. Meanwhile, dip a jar of acacia honey in hot water to make the honey liquid; then add 90 g of honey to the eggs and beat again for a couple of minutes.

Add the sifted flour, corn starch (or potato starch), the packet of yeast to the mixture, and slowly add oil, kefir and walnuts. You should get a soft and well blended mixture.

If the mixture is too dry add, eventually, a few tablespoons of milk or kefir.

Pour the mixture into a plumcake mold and put it in a preheated static oven at 180 ° C for about 50 minutes. To check the cooking stage of the cake, insert a toothpick in the center: it must come out dry.

Remove the plum cake from the oven, allow to cool, then turn out the cake and let it cool completely on a wire rack.

This plumcake can be an excellent breakfast to start the day with the right energy charge or a healthy and balanced delicious snack.

---

Learn more on [Lipimagazine](#):

- > [Kefir: what it is and its properties](#)
- > [The nutrients of dried fruit](#)

---

Article by the Editorial Group of [Lipinutragen](#)

Recipe created by Andreea Popa, Account Data Entry and Customer Care, passionate about cooking.

The food recommendations in the article are not intended as a substitute for a personalized meal plan and are to be adapted to specific cases.

---

**Photo:** 123RF Archivio Fotografico: 15715161 : ©wiktory

---