Cardamom Tea Cake

¼ c. unsalted butter

2 c. unbleached white flour plus ½ c. whole wheat pastry flour

2 tsp. baking powder

2/3 c. buttermilk

1 c. sugar

2/3 c. water

½ tsp. baking soda

1 ½ tsp. ground cardamom

½ tsp. salt

½ tsp. vanilla extract

Streusel Ingredients:

½ c. organic brown sugar

3/4 c. unbleached white flour

½ c. unsalted butter

Preheat oven to 350F

Butter and lightly flour pan. In a large bowl, cream together butter and sugar until evenly blended. In a medium bowl, mix dry ingredients, including the spice. Sift over butter/sugar mix. Mix buttermilk with water and pour over ingredients. Mix until just blended and spoon into pan.

Streusel:

Mix sugar and flour together, cut butter into small pieces and work into dry ingredients until mixture resembles coarse meal. Sprinkle evenly over cake batter.

Bake 30-40 minutes.

**Cardamom –** one of the best and safest digestive stimulants. Good for children. Cardamom awakens the spleen, stimulates subdosha samana vayu, enkindles Agni and removes Kapha or mucus from the stomach and lungs. Added to milk it neutralizes the mucus forming properties and added to coffee it neutralizes caffeine. Sattvic in quality it opens the mind, good for soothing the flow of prana in the body. This tiny seed works on the **plasma, blood, marrow and nerve**.

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