CHOCOLATE CHRISTMAS CAKE

- 30g Butter
- 75g Almond flour flurry – HOLLAND & BARRETT
- 5g Cocoa – BOURNVILLE
- 75g Eggs
- 37g Raspberries
- 75g Mascarpone – MORRISONS
- 4g Psyllium husk – TELEPHONE BRAND SAT-ISABGOL

You will also need 2g BARKAT baking powder, 30g water with 1g white vinegar and 20g sweetener – NATVIA, TRUVIA or SUKRIN powder or granules and a few drops of vanilla extract.

Pre heat oven to 180c / fan 160c / gas 4.
Reserve the mascarpone for the topping, chop the raspberries and keep to one side.
Blend ALL remaining ingredients with a hand blender until the mixture is light and fluffy; gently stir in the chopped raspberries.
Place in a small cake tin (shape of your choice) and cook for approximately 15 -20 minutes until risen and firm.
When it is cold and ready to serve beat the mascarpone until smooth, you can flavour it if you like but it has a lovely taste of its own. Spread over the top of the cake and decorate with appropriate Christmas figures and a light dusting of cocoa powder.

Mo's tip: This will keep in the fridge for 3 days. You can make the cake ahead and freeze without the topping! I used frozen raspberries (defrosted), you could use other fruits but would need to recalculate.

I cooked in a 7 inch ring mould which made it easy to slice into 10 portions.
Each portion gives: 10.5g fat / 3.1g protein / 1.1g CHO

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION