INSPIRED BY
dervla
2.36:1 RATIO

CHOCOLATE BLIZZARD CAKE

- 50g Coconut powder – EAST END or TRS
- 50g Ground almonds – MORRISONS
- 15g Cocoa – BOURNVILLE
- 100g Eggs
- 90g Full fat soft cheese – PHILADELPHIA
- 51g Double cream – MORRISONS
- 48g Raspberries
- 20g NATVIA sweetener (for the cake)
- 20g Icing sweetener – NATVIA (for the topping)

You will also need 2 teaspoons of psyllium husks, 50mls of water, 2 drops of white vinegar, 1 teaspoon of BARKAT baking powder and a few drops of vanilla extract.

CAKE:
Pre heat oven to 180c / fan 160c / gas 4.
Blend together 50mls water, psyllium, coconut powder, ground almonds, baking powder, 5g cocoa, 20g Natvia, white vinegar, vanilla and eggs, place in a small (6” diameter) silicone cake tin, press in 6 raspberries.
Bake in pre heated oven for 12 – 15 minutes.

TOPPING:
Blend Philadelphia, 20g Natvia, 10g cocoa and double cream until light and fluffy. Chill.
When the cake is cold, add topping and decorate with the remaining raspberries.

This makes 6 good slices, each one gives: 20g fat / 6g protein / 2.3g 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

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