RHUBARB CAKE

- 125g Butter
- 125g Egg
- 145g Rhubarb
- 100g Almond flour flurry – HOLLAND & BARRETT
- 50g Self raising flour - McDougalls
- 40g SUKRIN icing (or other granular sweetener)

You will also need 1 teaspoon of BARKAT, 1 teaspoon of ground ginger and 1 teaspoon of vanilla.

Pre heat oven to 160c / fan 140c / gas 3
Slice the rhubarb thinly.
Softened the butter and beat in the granulated sweetener and vanilla. Beat until light and fluffy.
Gradually beat in the eggs.
Fold in the flour, almond flour, ginger and Barkat.
Fold in the thinly sliced rhubarb.
Place in a greased and lined cake tin – I used an 8 inch x 4 inch loaf tin.
Bake in pre heated oven for approximately 45 minutes.
Cool in the tin for 15 minutes then place on a wire rack.

Mo’s tip: Freezes well

If you cut in to 9 large slices, this will give you 5g CHO per portion, or 18 small snack portions giving 2.5 CHO per portion

This recipe will need to be adapted to EACH INDIVIDUAL’s 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