Recipe inspired from:
Mary Berry’s Foolproof Cooking Book - Gluten Free
Apple & Coconut cake
MKD

COCONUT CAKE

- 190g Eating apples
- 160g Butter
- 200g Ground almonds – MORRISONS
- 300g Eggs
- 15g Desiccated coconut
- 15g Fresh lemon juice
- 10g Psyllium husk – TELEPHONE BRITAND SAT-ISABGOL
- 160g Granulated sweetener

You will also need 1 teaspoon of baking powder and ½ teaspoon of vanilla extract.

Pre heat oven to 180c / fan 160c / gas 4.
Lightly grease a 9 inch (23cm) sandwich cake tin and line the bottom with baking paper (you can use any kind of silicone shaped mould).
Grate the apple in to a small saucepan with the lemon juice and simmer gently until the apple is very soft, set aside to cool. Once cooled add the desiccated coconut and combine thoroughly.
Place all other ingredients in to a bowl and beat well, either with a spatula or electric whisk; make sure you scrape as much as possible off the whisk.
Stir the cold apple and coconut in to the mix and combine well.
Spoon the mix in to the prepared tin and bake in pre heated oven for 35 – 45 minutes or until golden brown and springy to the touch.
Allow to cool down completely before removing from the tin, divide into 12 equal slices.

Tip: This cake is good to make if you are just wanting to lower your carbs and are not necessarily on a full ketogenic diet. If you want to add icing, you can use a little full fat creamed coconut or a good quality coconut oil, some butter and add a NatVia or Sukrin icing sugar

If divided on to 12 each slice will give: 23.30g fat / 6.8g protein / 3.2g 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