PARTY CAKE WITH JAM AND BUTTERCREAM

- 147g Butter
- 348g Eggs
- 31g Self raising flour - McDOUGALLS
- 80g Coconut flour - TIANA
- 166g Olive oil
- 75g Ground almonds – MORRISONS
- 100g Keto jam
- 50g NATVIA or SUKRIN icing mix

You will also need 3 teaspoons of BARKAT baking powder and 15mls of liquid sweetener.

Pre heat oven to 190 c / fan 170 c / gas 5.
Reserve the butter, NatVia and jam.
Mix together the coconut flour, ground almonds, flour and Barkat.
Mix the eggs, oil and sweetener and whisk well. You could add some lemon or vanilla extract too. Add to the flour mixture and **beat well** with an electric hand mixer.
Divide between two greased 7 or 8 inch tins (I line the base with baking parchment) and bake in pre heated oven for approximately 20 minutes.
Beat the butter until light and creamy and then beat in the NatVia to make a creamy butter icing. When the cakes are cold, sandwich together with the jam and half the buttercream, use the remaining buttercream to decorate the top.

**Mo’s tip:** You could cut the cakes through the middle and use all the jam and cream to make more layers, leaving the top plain. Block butter is best for this, the spreadable varieties can be too soft and lower in fat.

I made a square cake, which is easy to cut in to portions:
- 18 portions makes: 20.7g fat / 4.3g protein / 2.7g CHO
- 21 portions makes: 18g fat / 3.7 protein / 2.3g CHO

**PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.**
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**