FAMILY SIZE CHRISTMAS CAKE

- 150g Almond flour flurry – HOLLAND & BARRETT
- 300g Egg
- 25g Raisins
- 25g Sultanas
- 19g Coconut flour - TIANA
- 180g Butter
- 10g Psyllium husk – TELEPHONE BRAND SAT-ISABGOL
- 1g Orange zest
- 44g Prunes – canned in juice
- 100g Granulated sweetener
- 100g SUKRIN or NATVIA icing

You will also need 1 teaspoon of mixed spice, 1 teaspoon of BARKAT baking powder and a few drops of orange extract.

Pre heat oven to 170c / fan 150c / gas 4
Start by chopping the sultanas, prunes and raisins, a bit fiddly but you get a better distribution through the cake, then soak them in 30mls of the prune juice for at least ½ hour to plump them up.
Mix together the almond flour, coconut flour with the Barkat and mixed spice.
Soften the butter, stir in the granulated sweetener and then the flour mixture.
Whisk the egg until light and frothy, stir in to the mixture and combine well.
Stir in the soaked fruit and orange zest.
Place in a greased and lined 7 inch cake tin or silicone mould.
Cook for approximately 40 minutes until cooked through.
When it is cold, make icing by mixing the Natvia / Sukrin icing with just enough water and a few drops of orange extract to make a stiffish icing.

Mo’s tip: Decorate how you like; there are lots of lovely items available that make it Christmassy without adding to the ratio. not really fruity cake but just enough to make it a bit different!!

If you cut in to 12 portions, this will give you 5g CHO per portion.

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

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