SPECKLED COCONUT EASTER CAKE – NUT FREE

- 100g Butter
- 50g Self raising flour - MCDougalls
- 97g Coconut flour – TRS or EAST END
- 153g Eggs
- 100g Butter - unsalted
- 15g Desiccated coconut
- 25g 90% cocoa dark supreme – LINDT
- 24g Double cream
- 3g Cocoa powder – DR OETKER
- 35g Granulated sweetener – TRUVIA or SUKRIN
- 50g Icing sweetener - SUKRIN or NATVIA

You will also need 5g of BARKAT baking powder, some green food colouring and a few drops of vanilla extract.

Pre heat oven to 180c / fan 160c / gas 5.
Coarsely grate or chop the Lindt chocolate.
Reserve the UNSALTED butter and the ICING sweetener.
Cream together the butter and granulated sweetener until light and fluffy. Beat in the eggs and the vanilla extract.
Mix together the coconut flour, the flour and the Barkat. Mix in to the butter mixture and whisk until well combined.
Gently stir in the grated chocolate with the cream mixed with 30mls of water.
Place in a prepared 7 inch cake tin and cook for approximately 35 minutes until golden and firm, cool in the tin for 5 minutes then turn out.

Make the topping: Beat together the UNSALTED butter and the ICING sweetener with a few drops of green food colouring. Mix the cocoa with the desiccated coconut.
Cover the top of the cake with the green topping and make a ‘nest’ with the desiccated coconut. Decorate with any Easter items you have.

Mo’s tip: The buttercream can be flavoured with a few drops of orange or lemon extract.

This will make 12 portions each portion will give: 24g fat / 3g protein / 3.9g 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