CHOCOLATE CAKE WITH FROSTING

- 20g Butter
- 28g Ground almonds - MORRISONS
- 30g Full fat soft cheese - PHILADELPHIA
- 4g Cocoa powder
- 24g Eggs
- 1g Cocoa dark supreme – LINDT 90%
- 3g Self raising flour - McDougalls

You will also need ½ teaspoon of BARKAT baking powder, 15g SUKRIN GOLD sweetener, 10g SUKRIN or NATVIA ICING and vanilla extract.

Pre heat oven to 170c / fan 150c / gas 4.
Reserve 20g of Philadelphia, the ICING, the Lindt chocolate and vanilla for topping.
Beat together the butter, 10g Philadelphia and SUKRIN GOLD, then add the ground almonds, flour, Barkat baking powder, cocoa and beaten egg, mix well.
Place in a greased baking tin and cook for approximately 20 minutes.
Make the frosting by beating the Philadelphia and ICING until light and fluffy, adding vanilla extract or flavour of your choice.
When cake is cold, top with the icing and sprinkle with grated Lindt chocolate, 1g seems like a small amount but looks a lot when grated!!

Mo’s tip: Use the butter and Philadelphia at room temperature.
Mix the dry ingredients together before adding the butter mix.
I used a 14cm x 7cm tin as it is easy to divide into two equal portions, but you can use any shape suitable for the amount of mixture.
This makes two snack portions.
Can be frozen, also batches up to make a larger family size cake.

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