FAMILY SIZED EASTER CAKE

- 180g Butter
- 200g Almond flour furry – HOLLAND & BARRETT
- 2g Orange zest
- 10g Psyllium husk
- 300g Eggs
- 25g Raisins
- 25g Sultanas
- 50g Canned pineapple in juice
- 19g Coconut flour - TIANA
- 100g Granulated sweetener – SUKRIN GOLD
- 50g Icing sweetener - SUKRIN or NATVIA

You will also need 1 teaspoon of BARKAT baking powder, 1 teaspoon of cinnamon (optional) and a few drops of almond extract.

Pre heat oven to 170c / fan 150c / gas 4.

Start by making the marzipan: Mix together 50g of the ground almonds, 50g ICING sweetener, a few drops of almond extract and 1 teaspoon of water, stir to a stiff paste then divide in to 12 balls / eggs. Set aside to dry (these are best done the day before), you can leave them plain or have some fun painting them with food colouring.

Finely chop the sultanas, pineapple and raisins, I use scissors to make this easier. Mix together the 150g almond flour, Tiana coconut flour, Barkat and cinnamon (if used). Soften the butter and beat in the SUKRIN GOLD sweetener, then the flour mixture. Whisk the egg until light and frothy, stir into the mixture and combine well.

Stir in the fruit and orange zest. Place in a greased and lined 7 or 8 inch cake tin and cook for approximately 45 minutes until cooked through.

Decorate with the marzipan balls and any other Easter themed items you may have.

**Mo’s tip:** I added some whipped cream to decorate the top of the cake, this is optional, or you could make some butter cream which would keep better. Either will of course add more fat to the recipe depending on how much you use.

**When cut into 12 portions even sized + 1 marzipan egg each will:** 24g fat / 7g protein / 5g 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**