

Wheat free chocolate cake



gluten free
low in fermentable carbohydrates
wheat free
lactose free
vegetarian

A rich, moist chocolate cake that is perfect for special occasions. A favourite of mine for over 25 years!

preparation **25 minutes**

baking **40 minutes, oven at 180°C**

You will need a 20 or 23cm (8 or 9 inch) round cake tin lined with non-stick baking paper

Ingredients

250g (9oz) dark chocolate, broken into pieces
150g (5oz) margarine *e.g. Pure dairy free sunflower*
150g (5oz) caster sugar
100g (3oz) ground almonds
5 free range eggs, separated
 icing sugar

How to make

1. Turn the oven to 180°C. Place the chocolate, margarine and sugar in a suitable bowl and then into a pan of simmering water, stirring a little until all the ingredients have melted. Remove from the heat.
2. Beat the egg whites until they form stiff peaks.
3. Beat the egg yolks, then mix with the almonds into the chocolate mixture.
4. Stir in a big spoonful of egg white into the chocolate mixture and then gently fold in the rest.
5. Spoon into the tin and bake.
6. Allow the cake to cool before removing it from the tin.
7. Dust with icing sugar. Serving suggestion: with raspberries, whipped sweetened single cream or vanilla ice cream.

recipe: Yvonne McKenzie

photo: Paula Lingard, www.paulalingard.co.uk

www.digestiblenutrition.co.uk