

SUPER HEALTHY RECIPE IDEAS

BERRY AND LEMON CAKE

GLUTEN FREE

GRAIN FREE

SUGAR FREE

DAIRY FREE

2 eggs

2/3c light olive oil

3/4c xylitol

1/4c lemon juice

2 teaspoons vanilla essence

Mix above ingredients together.

Add the following dry ingredients and mix well.

1c chickpea (besan) flour

1 teaspoon baking powder

3/4c ground almonds

Pour mixture into a flan tin.

1c frozen berries

Distribute berries on top of mixture, gently pressing each berry into the batter.

Bake at 170eg C for 40 mins.

Serve with coconut cream.

This recipe provided to you by Judy O'Reilly of Petals Provisions...

You can contact Judy regarding her gluten-free, sugar-free and dairy-free recipes, products and catering service at judy_dan@bigpond.net.au