

# **SUPER HEALTHY RECIPE IDEAS**

## **LEMON AND ORANGE CAKE (15 SMALL CUP CAKES)**

**GLUTEN FREE, GRAIN FREE, DAIRY FREE AND SUGAR FREE**

2 well beaten eggs  
2/3c light olive oil  
3/4c xylitol  
1/4c lemon juice  
1/4c orange juice  
Lemon and orange zest  
2 teaspoons vanilla  
2c SR flour – sifted \*recipe for grain free SR flour below

Mix all together and cook till done.  
Probably 170deg C 30-40mins. If small cakes check after 17mins.

### **ICING**

2 tablespoons xylitol  
1 tablespoon omega blend and a little lemon juice  
Mix well to an icing type consistency.  
Decorate with orange and lemon zest.

\*Grain free SR flour  
2 1/2c besan flour (chick pea)  
1 1/2c potato flour  
2 tablespoons Wards baking powder  
1 tablespoon guar gum  
Sift all very well together

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](mailto:judy_dan@bigpond.net.au)