

Let there be cake!



5 delicious cake recipes - **FREE FROM REFINED SUGAR** - that are easy to make



A little aside about sweeteners before we kick off...

Not all the “healthy” alternatives to refined sugar available these days are significantly any better than knocking back the Tate and Lyle. So at the back of the booklet, I’ve included some more detail about sweetening options.

Close your eyes..... Imagine a world full of cake – delicious, joyous cake, free from table sugar and dodgy sweeteners.

What????

OK – maybe sugar free cake free won’t be taking over the world just yet, but given that it’s so easy to make with healthy alternative sweeteners, surely the day’s fast approaching when cafes and shops routinely provide refined sugar free options, in the same way gluten free, vegan and dairy free alternatives are increasingly available. One of the main aims of this humble booklet is to ease this leap for humankind along a little bit.

It can’t have escaped any of us these days that refined sugar’s really bad news. As well being responsible for obesity and type 2 diabetes – did you know that its also strongly linked to other grim reapers such as heart, liver and kidney disease, cancer and Alzheimers? Surely its time for us to eat substantially less of the stuff?

The good news is that it’s not so difficult cut down or quit refined sugar. It’s still possible to have sweet treats if you use good alternatives. Take a peak at these 5 cake recipes that are some of my favourite nibbles. They use a variety of natural sweeteners. What’s more they’re wheat and gluten free too.

In each case, not too much sweetener is used. If you stop eating very sweet stuff, your palette will quickly become satisfied with less. Especially if used in combination with flavour enhancers such as vanilla, cardamom, or cinnamon.

I share these recipes from the heart with much love. xx

Red Velvet Cake



The things that set this luscious, delectable little cake apart, are the sexy colour and the cheeky addition of ginger and cardamom. It's a one way ticket to Cake Heaven.....dark chocolate, mascarpone icing and beetroot.

.....beetroot???

Who'd have thought?

Get yer cake tin out and bake this bad boy.

200g beetroot
150g No added sugar
plain chocolate made
with stevia or xylitol
1 heaped tbsp ginger
puree
2 heaped tsp ground
cardamom
125g buckwheat flour
(or 100g buckwheat
flour + 25g coconut
flour)

1½ tsp baking powder
Pinch salt
5 eggs separated
175g butter
3 tbs xylitol

Icing

200g mascarpone
1 tbsp xylitol whizzed to
icing sugar consistency
1 heaped tsp ginger
puree

-
- Boil the beetroot until tender. (About an hour). Remove skin and chop and puree.
 - Put the chocolate and beetroot puree in a warm oven until the chocolate has melted.
 - Mix in ginger and cardamon. Allow to cool.
 - Mix flour, baking powder and salt in a bowl.
 - Whisk egg yolks, butter and xylitol until creamy.
 - Whisk egg whites until meringue consistency.
 - Fold yolk into the flour then add egg whites slowly.
 - Stir in choc and beet mix.
 - Pour mixture into **23 cm cake tin** lined with baking paper.
 - Cook at **Gas mark 4 for 50 minutes.**

Wait until the cake is completely cool to add icing.

Parsnip, Cardamom and Rose Cake



I love this cake and I want to marry it. It's a variation on a carrot cake I make often. It's so moist and soft and yum-tious. The nuts and coconut give the cake texture. The cardamom and rosewater give it fragrance. The result is exquisite.

3 eggs	2 shredded medium parsnips
2 tbspxylitol	150g of melted butter
1 small banana	100g chopped pistachios
2 tsp vanilla essence	Chopped * golden berries (or sultanas)
1½ tbsprosewater	Pinch of salt
2 –3 heaped tsp cardamom	Ground dried rose petals and pistachios for topping
200g ground almond	
125g dessicated coconut	

-
- Whizz eggs, vanilla and xylitol together until creamy and bubbly.
 - Mash the banana and add to the eggs.
 - Add almond flour and dessicated coconut and cardamom and rosewater.
 - Mix melted butter in well.
 - Add grated parsnip and nuts and chopped golden berries (or sultanas).
 - Cover a **23cm cake tin** in baking paper and spread the batter in it evenly.
 - Cook at **Gas mark 3 for around 1 hour** – check after 45 mins).
 - Leave in the tin to cool overnight (if it's possible to resist it) The cake becomes moister.
 - Next day, invite a friend round and tuck in.

* Golden berries, (also called inca berries) are a better option than raisins and sultanas as they have a lower sugar content. They have a lovely rich, citrusy flavour too.

Coconut Brownies



If you want to be brought to your knees in cake rapture, this brownie recipe is the one to do it. It's rich and it tastes naughty and illicit. And it scores high on the Brownie Squidge Factor too. It's pretty calorific, but there's some nutritious stuff in there—chia seeds, golden berries and nuts to help keep you big and strong.

160ml almond milk	100g ground almond
3 tbsp milled chia seeds	2tsp baking powder
225g no added sugar plain chocolate made with stevia or xylitol	Pinch of salt
200g creamed coconut	A few drops of caramel essence
3 eggs	50g walnuts
1 tbsp coconut sugar	25g chopped * golden berries (or sultanas)

-
- Mix the milled chia seeds with almond milk and leave to soak for 20 minutes.
 - Melt the creamed coconut and 200g of the chocolate in a bowl, in a pan of simmering water.
 - In a large bowl beat the eggs and coconut sugar together until frothy.
 - Stir in the ground almonds and baking powder.
 - Chop up the remaining chocolate and add to the mix with chopped walnuts and chopped inca berries.
 - Add the chia and almond milk combo and mix well.
 - Pour into a **23cm tin**, lined with baking paper.
 - Bake at **Gas mark 4 for 30 minutes**.
 - Cool in the tin.

* Golden berries, (also called inca berries) are a better option than raisins and sultanas as they have a lower sugar content. They have a lovely rich, citrusy flavour too.

Cranberry Crunch Seed Bar



I came up with the recipe for this little seed bar beauty as a less sweet alternative to the agave and date bars that are more widely available. It's veritable superfood bomb. It's full of seeds and goodness. It's gooey and squidgy, it's caramelly and scrummy. It's super-satisfying. And it keeps well in the fridge for 2 or 3 weeks. What's not to like?

50g sunflower seeds

50g pumpkin seeds

50g sesame seeds

30g hemp seeds

30g cacao nibs

20g dried cranberries cut into pieces

2 heaped tbsp Peruvian carob

1 heaped tsp baobab powder

10 drops caramel essence

Pinch of salt

4 tbsp yacon syrup

3 tbsp coconut oil

2 tbsp smooth peanut butter
(try tahini if you want to keep the bar nut free)

- Mix the seeds, fruit, and cacao nibs with the carob powder. Add a pinch of salt.

- Melt the coconut oil in a bowl over a pan of simmering water. When its melted, stir in peanut butter, caramel essence and the yacon syrup.
- Add more vanilla or syrup to taste if needed.

- Mix with seed mixture into a lovely crunchy gloop mix.

- Spoon into a small container, lined with baking paper or clingfilm and press down firmly. (A tupperware container that has a lid is ideal).

- Put in the freezer to cool for 30 minutes. Cut into squares.

Clementine Cake



When the season for clementines comes round, what better, more constructive way to spend your time than making a refined sugar free cake out of the little buggers, then wolfing it down with a fellow cake friend?

Leaving out the table sugar free doesn't have to taste austere and this winner couldn't be further from it. It's the cake equivalent of a soft Winter duvet.

If you want to go for moderation, this cake is light and flavoursome enough to eat on its own, but if you prefer to crank it up, add some clementine icing.

4 – 5 Clementines – (about 1lb)

6 large eggs

3 tbsp xylitol - (ground to icing sugar consistency)

250g ground almonds

1½ tsp baking powder

- Place whole, unpeeled clementines into a pot and cover with cold water.
- Bring to a boil, lower heat to a simmer and let cook 1 hour.
- Drain, let cool, then cut each clementine in half, remove pips, and place in food processor- skins and all and whizz finely.
- In a bowl, beat the eggs until light and fluffy.
- Add xylitol, almonds, and baking powder to the eggs, mixing well.
- Add the chopped clementines by hand and mix combine.
- Pour batter into a **23 cm tin** lined with baking paper.
- Bake at **Gas Mark 5 for 40 minutes**, then cover loosely with foil to prevent overbrowning. Then CONTINUE cooking about another 10 minutes or until a knife poked into the centre comes out clean.
- Let cool in the pan on a wire rack overnight.

For the icing.....

- Whizz another clementine until well chopped, mix with 2—3 tbsp mascarpone cheese. Add coconut nectar or ground xylitol to taste.

A final word about sweeteners.....

Natural sweeteners, aren't they just sugar by another name?

Some care is needed when choosing an alternative sweetener, as some refined sugar alternatives are not a great deal better for the body than refined sugar. Whichever you use, my wholehearted advice is to **use in moderation**. We've become accustomed to eating cakes that are super sweet. If you stop eating stuff this sweet, you quickly become genuinely satisfied with far less.

ONE OR TWO OF MY FAVORITES....

XYLITOL - a safe sugar alcohol. Doesn't stimulate blood sugar at all.

YACON SYRUP - From a root veg. Has a lovely caramel taste. Very low in fructose and glucose. Doesn't spike blood sugar. Helps with friendly bacteria too. It's expensive though.

PERUVIAN CAROB (sometimes called Mesquite or Algarroba powder) - A superfood. Has a caramel taste. Comes into its own used in biscuits and seed bars.

STEVIA—No effect on blood sugar. But its super sweet and can leave a sweet cloying aftertaste if not used with caution. Easier to use in liquid form. Just a few drops are needed. Good used in combination with another sweetener or fruit.

TO USE WITH MORE CAUTION.....

HONEY/MAPLE SYRUP/DATES/COCONUT SUGAR/AGAVE— These are naturally sweet and unlike refined sugar, have nutritional value (except agave), but they are not a miraculous alternative to table sugar. Some score high on the Glycaemic Index—(which indicates the size of the glucose spike they cause) others are high in fructose, which can be bad news for the body too. So best used in small quantities.

