

# Still Sweet Without Sugar



5 delicious easy cake recipes - FREE FROM REFINED SUGAR - for low sugar diets



<http://www.cakespirit.co.uk> (for more recipes and resources)

<https://www.instagram.com/cake.spirit>

**Increasing numbers of us are choosing or having to follow a low sugar diet.**

**Our level of sugar consumption in the UK is one of the biggest threats to the nation's health. More than a third of the population has pre-diabetes. As many as 1 in 16 are estimated to have Type 2 diabetes.**

**And yet, while it's commonplace for various dietary needs to be catered for these days—it still remains virtually impossible to find genuinely low sugar options. It's not difficult to make sweet treats that are healthy, nourishing and very low in sugars. So what's standing in the way?**

**The main obstacle perhaps is the confusion that exists around natural alternatives to sugar. It's easy to assume "natural sweetener" or "refined sugar free" means the same thing as sugar free or a much healthier alternative to refined sugar. But is this necessarily the case?**

Look under the bonnet of commonly used natural sweeteners, such as agave, honey or maple syrup and you'll see that quite a few still contain significant amounts of sugar and/or have a high glycaemic index, making them unsuitable for people following low sugar diets. The aim of this booklet is to clarify some of this confusion (see the section on sweeteners on the back page) and to share a selection of delicious, low sugar, low carb cake recipes to demonstrate how straightforward it is to make healthy alternatives.

All the recipes here use natural zero/low replacements for sugar and low carb alternatives to wheat flour.

These recipes are shared from the heart with much love x

# Cherry and Almond Cake



Call me old fashioned but I think Morello cherries are classy. Combine them with a sweetened spongy batter and you get the cake equivalent of the Bentley limousine. This is a dignified, understated little cake that goes down very easily. It's possible to buy pitted frozen Morello cherries these days. They are begging to be put in an almond cake. Get a good quality almond essence to complement the cherry flavour. The sweetness in this cake is fairly subtle so the cherry and the almond flavours need to steal the show.

300g frozen Morello  
cherries defrosted and  
drained.  
5 large eggs  
4tbsp erythritol  
10 drops of stevia  
250g ground almonds  
100g butter

100g coconut oil  
1½ tsp baking powder  
3 tsp almond essence  
Pinch of salt  
4 tbsp. flaked almond

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- Whisk the eggs, sweeteners and almond essence until the mixture is light and bubbly.

Add the melted butter and coconut oil. Stir well.

Add the ground almonds, baking powder and salt and mix well until it is a fairly loose batter.

Add the cherries and pour into a **23cm tin lined** with baking paper.

Scatter the flaked almonds over the top.

Bake at **Gas Mark 3 325F/170C for 50 minutes.**

Test with a knife poked in the centre to see if it comes out clean.

# Parsnip, Cardamom and Rose Cake



I love this cake and I want to marry it!

This spongy beauty is a variation on a carrot and cinnamon 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 a heavenly fragrant flavour. 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	

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- 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—325F/170C 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.

\* 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 too—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
1½ tbsp coconut sugar	25g chopped * golden berries (or sultanas)

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- 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.—or sultanas
  - Add the chia and almond milk combo and mix well.
  - Pour into a **20cm tin**, lined with baking paper.
  - Bake at **Gas mark 4—350F/180C 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 Seed Bar



**This seed bar is a veritable superfood bomb. I came up with the recipe as a lower sugar alternative to the date to the agave and date bars that are more widely available.**

**It's gooey and squidgy, it's caramelly and scrummy. It's super-satisfying. It's quick and easy to make And it keeps well in the fridge for 2 or 3 weeks. A seed bar that just keeps on giving....**

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| <b>50g sunflower seeds</b>                   | <b>10 drops caramel essence</b>                          |
| <b>50g pumpkin seeds</b>                     | <b>Pinch of salt</b>                                     |
| <b>50g sesame seeds</b>                      | <b>4 tbsp yacon syrup</b>                                |
| <b>30g hemp seeds</b>                        | <b>3 tbsp coconut oil</b>                                |
| <b>30g cacao nibs</b>                        | <b>2 tbsp smooth peanut butter</b>                       |
| <b>20g dried cranberries cut into pieces</b> | <b>(try tahini if you want to keep the bar nut free)</b> |
| <b>2 heaped tbsp Peruvian carob</b>          |  |
| <b>1heaped tsp baobab powder</b>             |  |
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- 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 them, then wolfing a piece down with a fellow cake friend?

Leaving out the table sugar 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.

**4 – 5 Clementines – (about 1lb)**

**6 large eggs**

**3 tbsps 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—190C/375F 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 tin on a wire rack overnight.

**For the icing.....**

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

*Or instead bash up some no added plain choc and add to the cake before you cook it.*

## A final word about sweeteners.....

	Carbohydrates per 100g	Carbohydrate of which are sugar per 100g	Glycaemic Index rating
Refined Sugar	99.2g	99.2g	68
Maple Syrup	89g	87.9g	54
Honey	81.5g	80.8g	35-65
Coconut nectar	74.8g	72.2g	35-50
Rice Malt Syrup	79g	54g	98
Carob Syrup	95.9g	63.4g	15
Dates	69.7g	64g	42
Agave Syrup*	77.7g	66.g	15
Yacon Syrup **	67.5g	33g*	4
Peruvian Carob (Algarroba)	65g	43g	7
Lucuma Powder	66g	17g	25
Maltitol (syrup)	17g	0g	52
Maltitol (powder)			35
Erythritol	0g	0g	1
Xylitol	0g	0g	12
Monkfruit (Luo Han Guo)	4g	0g	0
Stevia	0g	0g	0

### Glycaemic Index

Below 55 = low

56-69 = Medium

Above 70 = High

### Carbohydrates of which are sugars per 100g

Below 5g per 100g = low

Above 15g per 100g = high

\* agave higher in fructose than refined sugar

\*\*The sugars in Yacon Syrup are Fructooligosaccharides (FOS). These are a type of sugar that pass through the body undigested. Making them suitable for people on low sugar diets.

It can seem a challenge to find an alternative to refined sugar. Some commonly used natural sweeteners are still quite high in sugar or have a high glycaemic index. I compiled the sweetener list opposite to help me choose more carefully, it is just a rough guide with simplified criteria. There can be still other factors to consider.

### **So what do you do?**

My wholehearted advice is to use small quantities of whatever sweetener you choose. We're used to eating highly sweetened foods. Stop eating them and your palate will quickly change. You'll become genuinely satisfied with a subtler taste. With a little ingenuity, all recipes can also be adapted to include flavourings and spices to enhance the impression of sweetness.

