

BIRTHDAY CAKE



At last, a healthy gluten free birthday cake that tastes great and has no added sugar! This nutritious birthday cake will not spike the children's sugar levels and can be enjoyed by the whole family. Bake in a round spring form cake pan to make the cat cake, or a rectangular pan to cut into any other fun shapes or numbers.

Birthday Cake

Sugar Free and Gluten Free

This fantastic sugar free, gluten free and diabetic-friendly birthday cake recipe serves 20.

INGREDIENTS

- 250g almond meal
- 125g Perfect Sweet® xylitol
- 3 X-large eggs
- 4 X-large egg yolks
- 100ml orange juice, freshly squeezed (approx. 1 ½ large oranges)
- 2 X-large egg whites
- 75g arrowroot
- 125g butter, melted

Frostings

- 250g light cream cheese, softened
- 100g unsalted butter, softened
- 90g Perfect Sweet® xylitol or to taste
- 2 tablespoons pure cacao or good quality cocoa powder
- Shredded coconut for decoration

METHOD

1. Preheat oven to 180°C/160°C fan-forced. Brush a round 20cm spring form cake pan with butter or oil to grease.
2. Combine almond meal and xylitol in a bowl. Place eggs, egg yolks and orange juice in a large bowl and beat with an electric beater until foamy.
3. Use a clean electric beater to beat egg whites in a clean small bowl until soft peaks form. Use a large metal spoon to gently fold in half the arrowroot. Fold egg white mixture into orange mixture. Add almond meal mixture and remaining arrowroot and the butter. Gently fold together until combined. Pour into prepared cake pan.
4. Bake for 10 minutes. Reduce heat to 150°C/130°C fan-forced and bake for 40-45 minutes or until a skewer inserted into the centre comes out clean.
5. Leave to cool in pan for 10 minutes, then turn onto a wire rack to finish cooling.

Frosting

Beat cream cheese, butter & xylitol until smooth. Put 2/3 of the frosting mix into one bowl, add cacao or cocoa and mix well.

For pink frosting, place remaining 1/3 frosting into a bowl and add ¼ cup fresh raspberry puree or natural colour of your choice.

TO SHAPE THE CAT CAKE:

Cut round cake into 2 round shapes. Cut a small arc from the base of one of the rounds. Cut the arc into 2 pieces to form the ears of the cat. Decorate with shredded coconut and liquorice and lollies of your choice.

And there you have it – A superb sugar free and gluten free birthday cake recipe that's sure to amaze your guests! Try it today!