

Chocolate Cake Premix:

Ingredients: macadamia flour, coconut flour, psyllium husk, erythritol, cocoa, baking powder, xanthum gum, salt.

To make 1 cake or 6 large cupcakes:

Ingredients:

2 cups (230g) of flour out of your premix bag
5 eggs, separated
100g butter, melted
2 tbsp Greek yoghurt

Method:

Put dry ingredients into a bowl
Add the butter and the egg yolks, mix well
Add the yoghurt and mix
Beat egg whites until they are stiff, fold into the flour mixture
Pour into a greased cake pan or cupcake moulds
Bake at 180 degrees for +/- 1 hour for a cake or 40 minutes for cupcakes
Ice with your own preference eg; cream cheese, vanilla essence & xylitol/erythritol.

Nutritional Data per 230g flour:

*Calories: 1751, Carbohydrates: 47.6g, Fibre: 34g, Sugars: 2.2g , Total Fat: 115.7g, Saturated Fat: 65.1g, Protein: 47.7g, Salt: 1062mg
(total carbs per 230g flour 13.6g)*