

## **Vanilla Cake Premix:**

Ingredients: macadamia flour, coconut flour, psyllium husk, erythritol, baking powder, guar gum, xanthan 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: 1829, Carbohydrates: 39g, Fibre: 28.2g, Sugars: 2.4g, Total Fat: 146.8g, Saturated Fat: 64.2g, Protein: 48g, Salt: 1062mg  
(total carbs per 230g flour 10.8g)*