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Natural Health & Beauty

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## **Basic Gluten-free cake recipe**

The following is a basic recipe that can be adapted as desired. See below for variable ingredients:

½ cup sugar (125g)
250g butter
1 cup almond meal
½ cup hazelnut meal (or can use only almond meal)
4 eggs

Beat butter and sugar until white and fluffy. Add one egg at a time, beating well after each addition. Stir in ground nuts.

Bake at 180 degrees – depending on cake tin between 25 and 40 minutes. Cake will shrink from sides when cooked or skewer when inserted into middle of cake will come out clean.

For chocolate version:

Reduce butter to 125 g 125g chocolate (milk or dark or combination) – melt and add after adding eggs

<u>Lemon</u>

Add grated zest of one organic/unsprayed lemon 1 tbsp natural yoghurt

Replace ground nuts with Gluten-free flour but you will need to add a little water/juice or milk to ensure correct consistency. Mixture should be thick but drop easily off spoon.

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