

Chocolate Cake with Chocolate Icing (Serves 8-10)

Ingredients

120g plain flour

2 teaspoons baking powder

120g caster sugar

¼ teaspoon salt

2 tablespoons water

2 tablespoons skimmed milk

30g cocoa powder – check fat content on label

100ml MCT Oil

2 egg whites

Chocolate Icing

135g icing sugar

15g cocoa powder – check fat content on label

1 ½ tablespoons skimmed milk

A few drops of vanilla essence

Method

1. Preheat the oven to 350°F/ 180°C/ Gas Mark 4.
2. Brush the base and sides of an 8” sandwich tin with a little MCT Oil and line the base with greaseproof paper.
3. Sift the flour, baking powder, caster sugar and salt together.
4. Add the water and milk to a pot, bring to the boil and pour onto the cocoa powder – stir until the cocoa dissolves.
5. Allow to cool slightly, mix in the oil and egg whites and stir this mixture into the dry ingredients.
6. Transfer to the prepared tin and bake for 35-40 minutes.

7. Cool fully on a wire tray.

Icing

1. Sift the icing sugar and cocoa powder together.
2. Stir in the oil, milk and vanilla essence and beat well.
3. Fill and ice the fully cooked cake.

Note

This cake improves if kept for 1 day in an airtight tin before cutting.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics