

Simnel Cake



2.4:1 ratio

- **Preparation time:** 30 minutes
- **Cooking time:** 25 minutes
- **Recipe makes** 6 portions

Recipe provides **approximately**:

Nutritional content	Quantity				Your recipe
	per 1 portion		per 6 portions		
Fat	16.9g	13.6g LCT	101.2g	81.2g LCT	
		3.3g MCT		20g MCT	
Protein	4.7g		28.3g		
Carbohydrate	2.2g		13.0g		
Energy (calories)	180kcal		1077kcal		





Simnel Cake

Ingredients	Quantity	Your recipe
Simnel Cake		
Butter, room temperature	34g	
Sweetener e.g. Sukrin® gold	14g	
MCTprocal®	32g	
Ground almonds	32g	
Ground Flaxseed e.g. Cold Milled Virginia Harvest	45g	
Carbohydrate-free baking powder e.g. Barkat	3g	
Ginger, ground	1g	
Mixed spice, ground	1g	
Cinnamon, ground	2g	
Lemon peel, grated	3g	
Orange peel, grated	1g	
Raisins, chopped	2g	
Egg, beaten	28g	
Water	30g	
Almond extract	2g	
Vanilla essence	2 drops	
Marzipan icing		
Sweetener e.g. Sukrin® gold	14g	
Ground almonds	14g	
Egg, beaten	14g	
Almond extract	3g	

Method:

Simnel cake

1. Pre heat oven to 180°C/160°C fan/gas mark 4.
2. In a bowl, add butter and sweetener, mix for 2 minutes until fluffy.
3. Add **MCTprocal®**, ground almonds and flaxseed, baking powder, ginger, mixed spice, cinnamon, lemon and orange peel and raisins. Use fingers to rub the mixture to a sandy texture.
4. Add egg, water, almond extract, and vanilla essence, mix until a smooth, thick batter is formed.
5. Line a 12cm diameter spring loaded tin and pour in cake mixture.
6. Bake for 25 minutes or until a metal skewer inserted into the middle comes out clean.
7. Transfer the cake to a wire rack and leave to cool completely.

Marzipan icing

1. Add sweetener, ground almonds, egg, and almond extract into a bowl, mix together, until a paste is formed.
2. Knead the paste for two to three minutes, cover and place in the fridge to cool for five minutes.
3. Roll the marzipan icing between two sheets of baking parchment until a 10cm diameter circle is formed.
4. Place the marzipan icing on top of the Simnel cake.
5. Cut in to six equal portions and serve.



- Draw a 10cm diameter circle on the baking parchment before rolling out the marzipan icing.

MCTprocal® is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.