



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 5 mins

Cook time: 20 mins

Serves: 8-10 pieces

INGREDIENTS

- 1/2 cup coconut flour
- 1 tsp baking powder
- 1/2 tsp pink salt
- 3 eggs
- 1/4 cup coconut oil
- 1/2 tsp vanilla essence
- 1/4 cup honey
- 1/2 cup coconut milk
- 1 x 400ml can coconut cream (chilled overnight)
- 500g strawberries or blueberries, roughly chopped
- 1/4 cup honey (optional)

METHOD

- Preheat oven to 180°C (350°F).
- Grease a 23cm (9") baking dish with oil.
- Sift dry ingredients into a bowl.
- In another bowl, combine wet ingredients.
- Add dry ingredients to wet ingredients and mix well. (Mixture should be thick but moist)
- Pour batter into prepared dish, and bake for 15-20 minutes. (Cake should be slightly browned and skewer inserted should come out clean).
- Remove from oven and cool before covering and placing into fridge for one hour or overnight.
- Now make your topping, DO NOT SHAKE COCONUT CREAM!
- Drizzle honey over chopped berries and set aside.
- Gently open coconut cream, and remove the chilled cream from the top into a bowl.
- Using a hand mixer or (whisk attachment on mixer) whip cream until light and fluffy, about 5 minutes.
- Spread over short cake and cover with berry mixture. Slice and serve.

BERRY SHORT CAKE



Strawberries are not low disaccharides
Use blueberries for low disaccharide.