

Carob and Raisin Cake

Sugar, egg, wheat, gluten and dairy free cake and it doesn't taste like cardboard!

This is probably the best healthy carob cake on earth and actually resembles a chocolate brownie! Use organic products wherever you can. I tried it on a few of my friends and one of my friends, Melanie, who can not eat gluten and said it was yummy!

Ingredients

- 260g Carob syrup
- 100g Organic margarine
- 2 Teaspoons Baking powder
- 150g Rice flour
- 2 Teaspoons cinnamon
- 2 Teaspoons nutmeg
- 50g ground almonds
- 50g Raisins

Method

Place the carob syrup and the organic margarine in a bowl and whisk until smooth and fluffy. Sift in the flour, baking powder and add the spices. Add the ground almonds. Mix well. Add the raisins and mix well again. Pre heat the oven to 175°C and bake for approx 20 minutes or until light and springy and golden brown.



This recipe is from the book "A Recipe For Health." By Anette Martinsen

ZITRONE Natural Life

Litrone
NATURAL LIFE

ANNEMARIE BÖRLIND
NATURAL BEAUTY



- Organic food & juices
- Food for Diets & Allergies
- Baby Food & Milk
- Natural Cosmetics
- Semi-precious stones
- Esoteric items
- Water activation system
- Great selection of organic Teas & Herbals

We select for you the best natural and organic products we can find

Zitrone, Ltd. 365 Agiou Andreou St. L/ssl
(near the Municipal Gardens)
Tel: 25 820339, Fax 25-820338
zitrone.acha@cytanet.com.cy

www.CyprusSpirit.com/zitrone

Table 66 at the MB&S Expo

Presentations:
Sunday 11:15 am - Dr. Chriso
A Healthy Breakfast
Sunday 5:00 pm - Antonis
What I Would Do if I Had Cancer Today!
Aphrodite 2 Room
in Greek & English

