

Gluten Free Sticky Ginger Bundt Cake

You will need a Bundt tin to make this cake.

This cake is low in FODMAPS.

- 38g (seeds from a small Pomegranate) seeds are low in FODMAPS. This cake uses less than a tbsp.
- Greek Yoghurt - most people can tolerate a small amount of yoghurt even if they are lactose intolerant.



Ingredients

Serves 16

- 200g/7oz butter, plus a little extra for greasing the tin
- 300g/10oz dark muscovado sugar
- 200g/7oz black treacle
- 2 large eggs, beaten
- 5 balls of stem ginger in syrup, drained and chopped into small pieces
- 150g/5oz self-raising gluten free flour
- 75g/3oz ground almonds
- 1/2 tsp bicarbonate of soda
- 1 tsp ground ginger
- 1 tsp ground mixed spice
- 4 tbsp Greek yoghurt
- zest from one lemon

For the icing

- 100g/3oz icing sugar, sieved
- fresh pomegranate seeds

Method

Preheat the oven to 180C /Fan 150C/gas 4. Use butter to grease a 1.5 litre Bundt tin or any other cake tin suitable for cooking a liquid cake mixture.

Heat the butter, sugar and treacle gently in a saucepan until they have melted. Remove the pan from the heat and whisk the eggs and stem ginger into the molten butter, sugar and treacle.

Sift the flour, ground almonds, bicarbonate of soda and spices into a bowl. Pour the butter and sugar into the bowl containing the flour, ground almonds and whisk well.

Stir the yoghurt and lemon zest into the cake mixture which now resembles a thick batter. Give the cake mixture a thorough stir before pouring it into the Bundt tin. The Bundt tin should not be filled more than three quarters full as it may overflow. Tap the Bundt tin sharply on a firm surface to disperse any air bubbles.

Bake the cake for 45 minutes, or until a skewer inserted into the cake comes out clean. Allow the cake to cool for 30 minutes and then turn it out onto a cooling rack to cool completely.

To make the icing, place the icing sugar in a bowl and add warm water a little at a time until the icing runs thickly from a lifted spoon. It should not be too runny. Drizzle the icing over the cake and decorate with the pomegranate seeds.