

Gluten free raspberry and lime yoghurt cake



This is a simple, versatile gluten free cake and it looks gorgeous. The buckwheat flour and poppy seeds provide some texture to this cake and add a little dietary fibre.

Adding yogurt should not trigger symptoms as most people can tolerate up to one tablespoon of yogurt. The amounts used in this cake are small and an individual portion would not come close to containing this amount.

The raspberries can be substituted with blueberries or chopped rhubarb if you would like to vary things a bit. This is a reliable fail safe cake which can also double up as a pudding. The cake can be frozen whole or in slices or keeps for a week in the fridge.



Ingredients

makes 8-10 slices

- 125g soft unsalted butter/sunflower margarine, at room temperature
- 125g caster sugar
- 1 large egg, lightly beaten and at room temperature
- 50g buckwheat flour or plain flour
- 50g plain gluten free flour
- 1tsp baking powder
- 50g ground almonds
- 2tsp vanilla essence
- 4tbsp Greek yogurt
- 2tsp poppy seeds
- grated zest of a lime
- 150g raspberries
- 50g crushed hazelnuts or flaked almonds
- 2tbsp maple syrup

Method

Preheat oven to 190°C, 375°F, Gas 5

Butter and line a 20 – 22cm cake tin with silicone baking paper (you can use two smaller tins if you would like to make two cakes).

Beat the butter/sunflower margarine and caster sugar together until pale and fluffy. Gradually add the egg – beating it into the mixture until well incorporated.

Sieve the flour and the baking powder together and fold these into the butter, sugar and egg mixture together with the ground almonds. Add the vanilla essence, to the Greek yogurt and gradually fold this into the cake mixture together with the poppy seeds and lime zest. Finally stir in about a third of the raspberries into the cake mixture.

Spoon the mixture into the cake tin/s and arrange the raspberries and crushed hazel nuts around the top of the cake. Bake the cake/s in the oven for 40 – 50 minutes until a skewer inserted into the centre of the cake comes out clean.

Remove the cake from the tin and allow it to cool on a rack. Serve slices of cake with a dribble of maple syrup and some more raspberries if you like.