



Gluten Free FRESH CHOKO CAKE



Ingredients

- 1 & 1/2 cup x Gluten Free Flour (I use Brown Rice Flour)
- 1/2 cup hemp flour
- 3/4 combined cup of rapadura sugar and honey
- 1/3 tspn of nutmeg
- 100g melted butter
- 2 x eggs
- 1 x tspn Bicarb Soda
- 1/2 cup of chopped walnuts or pecan nuts
- 2 x cups grated fresh choko - peeled and deseeded

Method

- Place all ingredients (EXCEPT nuts) in a bowl, thermomix and combine until smooth
- Stir in chopped nuts
- Place into lined and greased cake tin or 12 muffin tins
- Bake for 45mins