







Chocolate Cake

SERVES 12

Calcium ✓
Vitamin D ✓
Iodine * ✓



Ingredients

- 170g self raising flour
- 135g soft brown sugar
- 210mls unsweetened fortified soya milk
- 60mls sunflower oil
- ¼ teaspoonful pure vanilla
- 1 bar of melted lactose free chocolate

For the Icing:

- 1 bar of melted lactose free chocolate
- 2 tbsp dairy free margarine
- 2 tbsp runny honey

Directions

- Grease and line a square cake tin and set the oven to Gas mark 2, 150°C or 300°F
- Mix all the ingredients together.
- Bake for 30-35 minutes, or until a skewer inserted into the cake comes out clean. Leave to cool.
- For the icing mix all the melted chocolate, margarine and honey together to form a spreadable icing. Apply to the top of the cake using a knife. Leave to dry.
- Store in an airtight tin.

.

* When made with a fortified dairy free milk. The milk you choose will affect the vitamin and mineral content

Lactose & Galactose Free Recipe

Metabolic.ie
National Centre for Inherited Metabolic Disorders