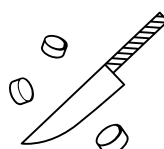




Chocolate & Orange High Five Cake

A lovely moist cake thanks to the addition of Groovy Food's wonderfully healthy High Five oil. Cut your intake of saturated fat when you do any baking by swapping some of the butter for Groovy Food's High Five Oil. Groovy Food's High Five Oil's healthful properties come from rich levels of omega 3, 6 and 9 fats from the combination of Camelina sativa oil, avocado oil, virgin olive oil, oleic sunflower oil, sesame seed oil.

Rich and indulgent tasting you can eat this plain with a dollop of yogurt or crème fraîche or for something special ice it with a rich chocolate icing together with a creamy cheese filling. A really scrummy way to sneak in more healthy fats into the family's diet.



10



25



12

Ingredients

250g / 9oz xylitol or caster sugar

3 eggs

250g / 9oz self-raising flour

2tsp baking powder

50g / 1 ¾ oz cocoa powder

grated zest of 2 oranges

juice of 1 orange

100ml / 3 ½ floz The Groovy Food Company High Five Oil

Directions

1. Preheat the oven to 180C/350F/Gas 4. Grease and line two 20cm/8in sandwich tins. Whisk the sugar and eggs together until light and fluffy.
2. Add the juice and zest of the orange and then stir in the High Five oil, agave nectar and milk. Gently fold in the sifted flour, cocoa powder and baking powder.
3. Divide the cake batter between the sandwich tins and bake in the oven for 25-30 minutes, or until the top is firm to the touch and a skewer inserted into the centre of the cake comes out clean.
4. Remove the cakes from the oven and allow to cool completely, still in their tins, before icing.
5. For the filling beat together all the ingredients until smooth.
6. Spread the cream cheese filling over the top of one

2tbsp The Groovy Food Company Agave Nectar Light
Amber and Mild

75ml / 2 ½ floz semi-skimmed milk

Chocolate Icing:

200g/7oz plain chocolate

100ml/ 3 1/2 fl oz double cream

Filling 250g / 9oz low fat cream cheese

2tbsp The Groovy Food Company Agave
Nectar Light Amber and Mild

1 tsp grated orange zest

1tsp vanilla extract

of the chocolate cakes, then carefully top with the
other cake.

7. To make the chocolate icing simply heat the
chocolate and cream in a saucepan over a very low
heat until the chocolate melts. Remove the pan from
the heat and whisk the mixture until smooth, glossy
and thickened. Spread or drizzle over the cake. Top
with grated chocolate and orange zest.
8. This cake will keep in the fridge for 2-3 days. You can
freeze the cake before icing it for up to 1 month.