

# Kfibre®

## Magic Custard Cake

Ok, I'll call it. Magic cake It is undoubtedly a magical example of a cake. Imagine a middle layer that is smooth and custard-like, surrounded by a delicate cake on top and firmer bottom crust making three layers of deliciously soft, melt-in-your-mouth goodness.

Kfibre<sup>original</sup> was a no brainer and disappears into the flour to up the **prebiotic fibre**. Who knew that supporting your gut microbiome could make you feel so heavenly.

- Prep time: 10 minutes
- Cooking time: 35 minutes
- Serves: 12

### You will need:

4 eggs, room temperature  
¾ cup caster sugar  
125g butter, melted  
1 tsp vanilla extract  
¾ cup plain flour  
2 tsp Kfibre  
2 cups milk, lukewarm  
¼ cup icing sugar to decorate



### Make it:

1. Preheat oven to 175° Celsius and line a 20cm baking dish with parchment paper.
2. Separate eggs. Put egg whites into a clean and dry bowl. Using an electric mixer whip egg whites until stiff peaks form.
3. In a separate bowl, beat egg yolks and caster sugar until light and fluffy. With mixer on a low speed, gradually add melted butter, and vanilla. Combine flour and Kfibre in a small bowl and slowly add to egg yolk mixture a few spoonful's at a time, mixing well. Gradually add the warm milk and continue to beat on a low speed until all ingredients are well combined.
4. Fold in egg whites, 1/3 at a time until just incorporated. Don't worry if there are a few lumps in the batter. You want these to help keep the cake airy.
5. Pour batter into lined cake tin and bake for 35-40 minutes until a golden crust forms. Cake should still be a little jiggly in the middle. Allow to cool. Dust with icing sugar just before serving

### Modifications:

**Low FODMAP:** Use gluten free flour and lactose free milk.

**Dairy free:** Use plant based milk and dairy free spread.

**Gluten Free:** use gluten free flour.

By Joanna Baker (APD | RN)