




PLUMCAKE

Diet-Friendly Plum Cake

 1 hour
 50 minutes
 9 portions

INGREDIENTS

- 120 grams of flour, wheat, wholemeal, self-raising
- 60 grams of flour, oat
- 60 grams of flour, wheat, white, plain
- 5 grams of baking powder, dry powder
- 2 grams of baking soda (bicarbonate), dry powder
- 2 grams of salt
- 85 grams of honey
- 2 tablespoons of oil, olive [37 g]
- 2 regular units of egg, chicken, whole, raw [88 g]
- 1 individual tub from a twin or six pack tub/container of yoghurt, Greek style (~10%), natural [200 g]
- 120 grams of milk, almond, fluid

COOKING METHOD

1° oven

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (100 g)	% DRI
ENERGY	241 kcal	241 kcal	12 %
FAT	10 g	10 g	15 %
FATTY ACIDS, TOTAL SATURATED	3 g	3 g	14 %
CHOLESTEROL	59 mg	59 mg	20 %
SODIUM	368 mg	368 mg	15 %
CARBOHYDRATE	33 g	33 g	11 %
SUGARS	11 g	11 g	—
FIBER	3 g	3 g	11 %
PROTEIN	6 g	6 g	—