



Lolly cake: a tribute

This clearly is not lolly cake, as there is no condensed milk or malt biscuits. It does, however, include fruit puffs - absolutely leave them out if you don't want them! Otherwise, it's a low(er) carb, lower sugar, calorie dense tribute to our favourite childhood treat*. Serves 24. Per serve: Cal: 249; Fat: 21.6g; Pro: 5.8g; Carbs: 6.4g

Serves: 24, Prep time: 00:15, Cook time: 00:00

Instructions

Line a loaf tin with baking paper, grease lightly (or use a silicon loaf tin).

Melt butter.

Combine all ingredients except the lollies into a food processor and mix until blended. This will be crumbly but should still be wet enough to press into a loaf tin and not fall apart.

Cut up the fruit puffs into halves and fold through the mixture evenly.

Press the mixture into the loaf tin and pop into the fridge to set.

Cut into 24 squares. Enjoy (not all at once).

**well, to be fair, lolly cake would be polarising. Some love it, some hate it.*

Ingredients

- 100 grams Butter, salted (3.5 oz)
- 1 cups Almond butter
- 1 cups Almond meal
- 2.5 cups Coconut, desiccated
- 0.33 cups Equal Natural Sweetener (Stevia)
- 1 cups Unsweetened cocoa powder
- 1 tablespoon Unsweetened vanilla extract
- 1 teaspoon Salt, Himalayan
- 1 cups Fruit puff lollies