

Love Heart Cake



Serves	10
Prep time	45 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , Salicylates & Amines
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Birthday Party , Special Occasions , Valentines day

Ingredients

- 1 20 cm round cake
- 110g pure icing sugar (sifted)
- 50g butter (softened)

Optional

- Hopper's pink 100s and 1000s
- Allen's Freckles

Directions

1. Print the attached heart cake template and cut out the heart shape.
2. Place the template on top of the cake and hold in place with toothpicks
3. Cut around the cake with a bread knife to create the heart shape then remove the template.
4. Beat together the icing sugar and butter until pale and fluffy.
5. Spread over the top and around the sides of the cake.
6. Sprinkle 100s and 1000s over the top of the cake, and place the Freckles around the side.

Note

Very High Amines, Salicylates, Low Glutamates

Hopper's coloured sprinkles contain salicylates from natural food colours. Allen's Freckles contain amines (chocolate) and salicylates (natural food colours). The cake can be decorated in any allowed alternatives, or kept plain.

Click here for the [Heart Cake Template](#).