

Moon and Stars Mini Birthday Cake



Serves	2-3
Prep time	45 minutes
Cook time	30 minutes
Total time	1 hours, 15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet – Very High Chemical
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Birthday Party , Special Occasions

Ingredients

For the cake:

- 1/4 cup plus 2 tablespoons plain white flour
- 3 tablespoons buttermilk
- 1 Large egg
- 1 teaspoon vanilla essence
- 3 tablespoons unsalted butter / Nuttalex (melted and cooled)
- 2 tablespoons raw cocoa powder or carob powder
- 1/8 teaspoon bicarbonate of soda
- 1/8 teaspoon salt
- 1/3 cup sugar
- canola oil spray

For the butter cream icing:

- 85g unsalted butter / Nuttalex (softened)
- 1/4 cup white sugar
- 2 tablespoons warm water
- 1 1/2 tablespoon raw cocoa powder or carob powder

To decorate:

- 1 packet Pascalls white marshmallow
- 1 packet Allergy Train white musk sticks
- Pear jam (refer to Basics page)

Directions

To make the cake:

1. Preheat the oven to 160 C. Spray and line two large (10cm diameter) tins. Place the tins on a baking tray.
2. In a small bowl, whisk together the buttermilk, egg and vanilla. Gradually add the butter, whisking until well combined. Set aside.
3. Sift together the flour, cocoa/carob, bicarbonate soda, sugar and salt into a medium sized bowl and mix well. Add the liquid ingredients and stir until just combined.
4. Pour the cake mixture evenly into the two prepared tins. Bake for 25 to 30 minutes. The cake is cooked once a skewer inserted into the centre comes out clean.

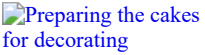


5. Allow to cool in the tins for 15 minutes then remove from the tins and allow to cool completely on a wire rack. 

To make the butter cream icing:

6. Beat the butter, sugar and cocoa/carob until light and fluffy.
7. Add the water and beat until well combined. If the butter and water are not combining, heat the mixture in the microwave for 5 to 10 seconds, but don't let it melt completely.

To decorate:

8. Once the cakes have cooled, smooth the tops of both cakes. They don't need to be completely flat as any gaps around the edges can be filled with the cream icing. 

9. Spread the pear jam over the top of one cake, then place the second cake upside down on top. The bottom of the second cake is now on top. 

10. Spread the butter cream icing all over the top and sides of the cake, filling in the gaps between the cakes at the sides.

 [Icing the cakes](#)

11. Place a marshmallow on top of the cake for the moon (you can cut it in half if it is too high). Cut the musk stick into 1/2 cm pieces and place on top as stars.

 [Moon and stars decorations on birthday cake](#)

12. If the cake needs to be stored before serving, place it in the fridge and allow to warm up to room temperature before serving.

Note

Low Chemical/Failsafe, Very High Amines

Low Chemical /Failsafe if using carob.

I used two large pears in syrup tins to make the cakes, but any 10cm diameter oven proof dish will do.

Refer to Basics page for [pear jam recipe](#).

The icing in this recipe is from the Carob Cream recipe in [Friendly Food](#).