

**COCONUT CAKE**

- 1 cup milk
- 1/2 cup desiccated coconut
- 1/2 cup shredded dried coconut
- 1 cup sugar
- 100g ground almonds
- 1/3 cup gluten free breadcrumbs made from stale bread
- 4 large eggs, divided
- 1/2 tsp vanilla essence

- Grease a 22cm cake tin very well and line the base with non-stick baking paper. Flour (gluten free) the tin and shake away any excess.
- 1. Bring milk to the boil.
- 2. Combine both kinds of coconut in a bowl and pour milk over the top. Stir and leave to rest for 25 minutes.
- 3. Put the mixture into a sieve to drain away any milk which has not been absorbed.

- 4. Mix in the sugar, almonds and bread crumbs. Add the egg yolks one at a time, mixing in well, then mix in the vanilla essence and drained coconut.
- 5. Beat the whites until they are stiff. Fold into the above mixture one third at a time.
- 6. Pour into prepared cake tin and bake in a slow oven (160°C) for 30 minutes or until firm to the touch and golden brown in colour.

# Endorsement Programme



The Coeliac Society of Australia Inc owns the registered trademark to the above two logos and undertakes a programme of endorsement of gluten free products.

For a food product to be endorsed by The Coeliac Society of Australia Inc, the product would have to be tested on a yearly basis and the results and ingredients given to the society to prove the level of gluten as "not detectable".

The following are a list of the companies currently using this programme –

**BASICALLY WILD EDIBLE ART**  
(sauces & satay) \*

**BI-AGLUT** (Heinz Italy) \*

**BILLABONG BREWING**  
(gluten free beer) \*

**BRIGHTERLIFE WHEATFREE PRODUCTS**

**COPPER POT PATE**  
(dips & pate)

**COUNTRY LIFE BAKERY**  
(breads)

**CREATIVE FOOD GLUTEN FREE**  
(recipe book)

**GREENS GENERAL FOODS**  
(Basco range)

**HEALTHIERIES OF NZ**  
(Simple range)

**HIGHLANDS CEREAL FOODS**  
(Sue's Own Deli Puffs products) \*

**K & S INDIAN FOOD**  
(Bhuja products)

**KRAFT FOODS LIMITED**  
(Web Site)

**MEXICAN EXPRESS PTY LTD**  
(Nachos to Go)

**MONSTER MUESLI**  
(Free & Lo Muesli)

**MOORES CORPORATION**  
(breads)

**NATURALLY GOOD PRODUCTS**

**NU-FERM PTY LTD**  
(Wholefoods with Probiotics) \*

**NUTRITIONAL FOODS**  
(Leda Bars)

**PAM & ELLEN CUISINE**  
(recipe book reprint)

**PASSAGE FOODS**  
(Simmer Sauces) \*

**RIBO AUST**  
(King Rice Bran Oil) \*

**ROCKMAN (AUSTRALIA)**  
(Berconia Brand pastas)

**ROMA FOODS**  
(Orgran products)

**SAN DIEGO TORTILLA FACTORY**  
(Diego's & Gringo's Corn Tortillas) \*

**SAN REMO MACARONI CO**  
(Fantastic brand of rice crackers & snacks)

**SUGAR AUSTRALIA**  
(CSR gluten free icing sugar) \*

**SUNBEAM CORPORATION**  
(Sunbeam Quantum Smart Bake bread machine)

**TENDA ROASTS**  
(Aussie Bush Bikkies)\*

**WHITE WINGS**  
(gluten free flours) \*

**YHS (SINGAPORE) PTE LTD**  
(Yeo's products) \*

**YACKANDANDAH JAM & PRESERVING CO**  
(simmer sauces)

**YAFFAS KITCHEN**  
(Well & Good products) \*

**YARRA VALLEY SNACK FOODS**  
(Thomas Chipman) \*

*\* New in the last twelve months*

When you see our logo on these products, please support these companies. In doing so you are supporting The Coeliac Society of Australia and State Coeliac Societies.

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