

CHERRY AND CHIA-SEED CAKE

WHAT YOU NEED

1 tbsp black chia seeds
1 cup self-raising flour
1 cup almond meal
1 cup caster sugar
2 eggs
125g butter, melted
1½ cups cherries, pitted and roughly chopped

This cherry and chia cake is so easy to make, you'll want to bake it again and again. Chia seeds add nutritional value to the moist, sweet cake. Chia turns to a jelly consistency once soaked, which means you use fewer eggs and less butter than in a regular cake. Fresh cherries are best; you could substitute frozen if need be.

1 Preheat oven to 160°C. Line a 22cm springform cake tin with baking paper. Place chia seeds in a small bowl with 100ml cold water, whisk to combine then stand for 15 minutes; seeds will turn to a gel.

2 In a large bowl, combine flour, almond meal and sugar. In a separate bowl, whisk eggs, melted butter and chia-seed gel. Pour into flour mix and beat till smooth and well combined. Add half the cherries and fold gently to combine.

3 Pour cake mix into prepared tin. Scatter remaining cherries over top of cake and place in oven to bake for 55–60 minutes. To check cake is cooked, insert a skewer—it should come out clean when cake is cooked. Remove from tin and cool on a wire rack. Allow to cool completely before slicing.

TOP TIPS

Chia seeds are dubbed a "superfood" because they contain 18 antioxidants, high levels of dietary fibre and are a good source of beneficial omega-3 fatty acids. Keep the cake in an airtight container in the fridge for up to four days—a quick flash in the microwave will warm the cake through.

DRINK ME!

SKINNYGIRL COCKTAILS

These lower-calorie ready-to-serve cocktails are going gangbusters in the US, where they were created by Bethenny Frankel (*The Real Housewives of New York City*). Not only convenient, they will tempt the kilojoule conscious and those pressed for time. As well as the margarita, there's also a cosmopolitan. \$24.99

