

# THE TOPIC

SUGAR FOR MY HEART

From healthy treats to styling, we've got the answer to your cake-related questions

## LET THEM EAT CAKE

**We've just received our last RSVP and it looks like we've got quite a few dietary requirements to cater for on our big day, with several vegan guests, a handful of gluten-free and even a lactose intolerant loved one. Obviously, we can order different dishes for the wedding breakfast, but what about our cake? Help!**

**Rachel says:** The forever growing list of healthy and special diets is on the rise, but that just means more exciting new recipes to come up with! In a situation like this, as long as you know how many people are coming and how many different dietary needs to cater for, it shouldn't be too tricky to provide individual or smaller cakes for each group. It's always advisable to display each variety separately and label them clearly. The safest options are popular flavours such as red velvet, vanilla and chocolate, where substitute recipes are well established. Don't be afraid to add a few accessories like fruit to jazz up the flavour. Also, bear in mind that some of your regular cake eaters may want to sample the alternatives, so order extras.

## Sugar-free

**I gave up refined sugar over a year ago and I've never looked back, but now I'm tying the knot and I want my wedding cake to be as healthy as possible without horrifying my guests. What would you suggest – is there such a thing as a 'clean' wedding cake?**

**Olivia says:** You can definitely put a nutritious twist on the traditional wedding cake. I made my first one last year for one of my best friends and it went down a treat with the whole wedding party – including some guests who I'm sure would have been rather sceptical, had they known that they were eating avocado frosting! My suggestion would be to keep it simple; I like to make a plain almond and vanilla sponge and a chocolate avocado frosting and then decorate with lots of fresh flowers, berries and coconut. You can't go wrong with vanilla and chocolate and the beautiful flowers will make the whole thing look really special.



**Meet the experts:** Founder of Livia's Kitchen, Olivia Woollenberg's favourite place is undoubtedly her kitchen, where she cooks up nutritious takes on traditional sweet treats.

**Livia's Kitchen | [liviaskitchen.co.uk](http://liviaskitchen.co.uk)  
@livas\_kitchen**



**Meet the experts:** Founder of Hotcakes Cupcakes, Rachel Ofili adores variety and will try anything once – although her go-to flavour is raspberry and white chocolate.

**Hotcakes Cupcakes  
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