

List of ingredients for the “Gluten, Lactose and Sugar Free Cakes” course

Name	Quantity	Comments
Agar-agar (900 g / cm ²)	11 g	
Alkalized cocoa	33 g	
Almond flakes	150 g	
Almond powder	75 g	
Almonds	20 g	
Apricots pitted	550 g	
Avocado	180 g	
Baking powder	13 g	
Baking soda	9 g	
Bananas	70 g	
Basil	5 g	
Black sesame	20 g	Used for decoration
Blackberries	30 g	Used for decoration
Blueberries	50 g	Used for decoration
Brown rice flour	40 g	

Buckwheat flour	90 g	
Carambola	100 g	Used for decoration
Cardamom whole	2 g	
Cinnamon powder	5 g	
Coconut chips	30 g	Used for decoration
Coconut cream	65 g	
Coconut flour	87 g	
Corn flour	50 g	
Corn starch	382 g	
Dates pitted	250 g	
Desiccated coconut	10 g	
Egg whites	180 g	of 6 eggs approximately
Egg yolks	182 g	of 9 eggs approximately
Erythritol	367 g	
Freeze-dried raspberries	20 g	
Fresh mint	30 g	Used for decoration
Gelatin (200 Bloom)	21 g	

Grapeseed oil	40 g	
Honey	205 g	
Honeycomb	200 g	Used for decoration
Instant coffee	8 g	
Isopropyl alcohol 90%	50 g	
Lactose-free cottage cheese	230 g	
Lactose-free crème fraîche	290 g	Can be replaced with lactose-free sour cream 30%
Lactose-free kefir 2.5%	8 g	Can be replaced with yogurt
Lactose-free milk 3.2%	805 g	
Lactose-free ricotta	1000 g	
Lactose-free sour cream	800 g	Lactose-free sour cream of any fat content can be used
Lemon juice	30 g	
Lustre dust (gold)	5 g	Used for decoration
Mango	150 g	
Oat flour (gluten-free)	170 g	

Orange segments	410 g	of 5 oranges approximately
Peanut butter	80 g	
Pistachios	40 g	
Raisins (golden)	25 g	
Rice flour	120 g	
Rosemary	5 g	
Sea salt	16 g	
Sweetener Lakanto	118 g	
Vanilla pod	3 pcs	
Whole eggs	1200 g	of 24 eggs approximately