

Cakes, cake mixes and muffins tasting - May 2009

This is a huge and very diverse category – including many excellent products from both large and small manufacturers.

Please read the notes at the side of the

table especially with reference to the ingredients as many of the mixes which might appear to be egg/yeast free actually require you to add these products in the making. It

was also very difficult to ‘cost’ the cakes as the textures vary enormously so a price per 100g can be very misleading.

Many of the cakes also looked great –

the Especially Delicious white chocolate celebration cake was truly amazing – and most, for cakes, had a very ‘healthy’ profile.

FREE OF:	WHEAT /GLUTEN	EGG	SOYA	CORN	DAIRY	NUTS	INGREDIENTS ARE LISTED SO AS TO INCLUDE EVERY INGREDIENT BUT NOT IN ORDER/QUANTITY THEY APPEAR ON PACK.	TASTE	AVAILABILITY / COST PER 100G
MUFFIN MIXES									
Crayve's apple & cinnamon	Y	Y	Y	Y	Y	Y	Brown rice flour, sugar, sultanas, cinnamon, bicarbonate of soda (egg) (nuts)	Very tasty, spicy and fruity, not too sweet, just the right moistness, very interesting texture and flavour, good spices, wholesome flavour 8.3/10	£1 W
Finax plain	Y	N	Y	N	Y	Y	Corn starch, sugar, palm oil, glucose syrup, modified starch E1450, whole egg powder, maltodextrine (from potato), psyllium husk, E450, E500, E412, vanillin	Fairy cake flavour, decent moisture level, can taste vanilla, sugary taste, artificially sweet aftertaste, very sweet but pleasant vanilla, floury aftertaste 7.1/10	79p W
Glebe Farm cranberry & blueberry	Y	Y	Y	Y	Y	Y	Potato starch, rice & buckwheat flour, sugar, cranberries, blueberries, sunflower oil, E339, E500, E415 (egg) (sesame seeds, gluten, wheat)	Too buckwheaty, good moisture level, tasty fruit, odd colour, tastes OK, very unprepossessing looking but tastes sweetly odd 7/10	74p IR,SM
Kasey's basic	Y	Y	N	Y	Y	Y	Sugar, rice and soya flour, potato starch, E450, E500, E464, distilled monoglyceride, E415 (nuts)	Stodgy texture, moist enough, crumbly, very sweet, not very good, very powdery crumb, flavour is fine, solid, unpleasant texture 6.1/10	62p W
Kasey's chocolate chip	Y	Y	N	Y	Y	Y	Sugar, rice and soya flour, potato starch, cocoa powder, cocoa mass, cocoa butter, soya lecithin, E415, E450, E500, E460, flavourings, distilled monoglyceride (nuts)	Excellent chocolate flavour, rather dry, full of bits, very dry and crumbly, good chocolate flavour, nice crunchy top, oversweet 7.1/10	70p W
Mixwell plain	Y*	N	Y	N	Y	Y	Sugar, wheat starch, potato starch, egg powder, E450, corn starch, E500, flavourings	Bit pale, decent texture, nice crumb, sweet but I like it, good moist but firm crumb, pleasant spongy texture, not too sweet, Victoria spongey 7.5/10	69p W
Mixwell chocolate	Y*	N	Y	N	Y	Y	Sugar, wheat starch, potato starch, egg powder, cocoa, E450, E500, maize starch, flavourings	Pleasant chocolatey texture, a reasonable muffin, fake chocolate taste, good consistency, good moisture, firm crumb, not chocolatey enough 7.4/10	69p W
Mrs Crimble's muffin & sponge	Y	Y	Y	N	Y	Y	Sugar, maize flour, rice flour, potato starch, E471, E475, E500, salt, natural flavouring, E415, E541 (egg) (nuts)	Rather eggy, light, moist and airy, damp, good plain flavour, okay, breadly, odd flavour 6.6/10	£1.17 HFS,IR,SM,W
Orgran chocolate	Y	Y	Y	N	Y	Y	Sugar, rice flour, maize flour, potato and maize starch, pea flour, cocoa powder, dextrose from maize, natural vanilla flavour, salt, E466, E500, E471, E341, E412, E407 (egg)	A little dry, not enough chocolate oomph, pleasant chocolate aftertaste, doesn't hold together, almond essence smell and taste, uninspiring 7.4/10	70p HFS,MM,W
READY-MADE MUFFINS									
American Muffin Co Ltd chocolate	Y	N	N	N	N	Y	Vegetable oil, sugar, corn flour, potato starch, skimmed milk, cocoa mass, soya lecithin, flavouring, egg, vegetable glycerine, modified maize starch, whey powder, E471, soya flour, E500, E339, salt, chicory, E202, E415, E330 (nuts)	Lovely homemade texture, pleasant mouthfeel, perfect moisture, strange back tastes, choc chips good but sparse, floury 8.3/10	99p SM
American Muffin Co Ltd orange & cranberry	Y	N	N	N	N	Y	Vegetable oil, sugar, corn flour, potato starch, skimmed milk, orange peel, concentrated fruit juice, orange oil, E160a, E160c, E412, E440, E330, E202, E300, cranberries, palm oil, egg, vegetable glycerine, modified maize starch, whey powder, E471, soya flour, E339, E500, salt, chicory, E415, flavouring (nuts)	All round excellence, pleasant flavours, good muffin texture, very sweet, good texture, lots of fruit, vivid colour, no orange taste though hint of orange sherbet 7.9/10	99p SM
Beiker plain	Y	N	N	N	Y	?	Egg, vegetable oil, sugar, soya flour, corn starch, glucose syrup, dextrose, E170, E440, E450, E330, E500, E202, lemon flavouring (milk, dry fruits)	Pleasant lemon fairy cake flavour, lemon sherbet aftertaste, light, cakey, tasty, dry but good, full of flavour, strong citrus scent 7.9/10	66p W
Beiker chocolate	Y	N	N	N	Y	?	Egg, sugar, hydrogenated vegetable fats, low-fat cocoa, soya lecithin, vanillin, vegetable oil, soya flour, corn starch, glucose syrup, dextrose, E170, E440, E450, E330, E500, E202, lemon flavouring (milk, dry fruits)	Decent flavour but dry, tasty and moist, a winner, quite like it, perfect texture, nice chocolate chips, not bad, not unpleasant 8/10	66p W
Droppa & Droppa blueberry & pumpkin	Y	N	Y	Y	Y	Y	Sunflower spread, sugar, rice flour, egg, blueberries, pumpkin seeds, baking powder (nuts)	Looks good, tasty bits, fine moisture level, plenty of fruit, good flavour, not too sweet, interesting combination of textures with pumpkin, nice sponge 8/10	£1.50 W
Droppa & Droppa chocolate, banana & hazelnut	Y	N	Y	Y	Y	N	Sunflower spread, sugar, rice flour, egg, chocolate, banana, hazelnuts baking powder	Looks inviting, well balanced, plenty of bits, tastes like banana loaf, not too aggressive a flavour, a tiny bit dense and dry, mild but pleasant 8.5/10	£1.50 W
FREE OF:									
	WHEAT /GLUTEN	EGG	SOYA	CORN	DAIRY	NUTS	INGREDIENTS ARE LISTED SO AS TO INCLUDE EVERY INGREDIENT BUT NOT IN ORDER/QUANTITY THEY APPEAR ON PACK.	TASTE	AVAILABILITY / COST PER MUFFIN
Kelkin lemon	Y	N	N	N	Y	Y	Sugar, egg, non-hydrogenated palm oil, maize and potato starch, water, rice flour, glucose syrup, soya lecithin, lemon oil, maize syrup, glycerol vegetable glycerine, E420, E450, E415, E412, E202, E500 (nuts, sesame)	Nice yellow colour, but dry crumbly texture, smells of lemon oil, hard and stale tasting 6/10	67p SM,W
Kelkin chocolate	Y	N	N	N	Y	Y	Sugar, egg, non-hydrogenated palm oil, maize and potato starch, water, cocoa powder and butter, soya lecithin, vanilla, rice flour, glucose syrup, vegetable glycerine, E420, E450, E415, E412, E202, E500 (nuts, sesame)	Good chocolate look-alike, nice chocolate chips that hold crumb together well, very slightly dry 7/10	67p SM,W
Proceli plain	Y	N	Y	N	Y	Y	Sugar, egg, corn and potato starch, sunflower and olive oil, rice flour, salt, rice bran, E500, E281, water, E415, E472e, E300, E160a, E450	Nice caramel/syrup flavour, plain and simple, good with a cup of tea, a frugal treat, good texture, sunflower oily aftertaste, well balanced crumb, bland, dry 8/10	47p SM,W

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Tesco chocolate	Y	N	N	N	Y	Y	Sugar, cocoa mass, soya lecithins, flavouring, sunflower oil, rice flour, water, potato starch, cocoa powder, vegetable glycerine, invert sugar syrup, dried egg, maize starch, E450, E500, salt, E415, E202, E475, E471 (nuts)	Good crunchy top, decent chocolate flavour, a little dry, yummy and light, excellent chocolate chunks, balanced texture, a good replica for a cheap muffin 8.3/10	SM,W
The Gluten Free Kitchen coffee & walnut	Y	N	Y	N	Y	N	Buckwheat, maize, potato and rice flours, water, palm oil, salt, E471, vitamins A,E,D as D12,B12, natural carotenes, ground almonds, walnuts, sugar, egg, coffee essence, baking powder, E415	Excellent coffee flavour, moist, tasty coffee icing, good texture and flavour, crumbly, pleasant nuts, good size, powdery mouthfeel 8.3/10	£1.80 W
The Gluten Free Kitchen chocolate	Y	N	Y	N	Y	N	Buckwheat, maize, potato and rice flours, water, palm oil, salt, E471, vitamins A,E,D as D12,B12, natural carotenes, ground almonds, sugar, egg, cocoa mass and butter, sunflower lecithin, cocoa powder baking powder, E415	Good bitter chocolate flavour, reasonable icing, looks delicious, insubstantial texture, powdery mouthfeel, slightly dry, sponge too soft and crumbly 7.8/10	£1.80 W
The Healthy Cake Co chocolate	Y	Y	N	Y	Y	Y**	Rice flour, sugar, sunflower and palm oils, water, salt, concentrated carrot juice, soya lecithin, vitamins A and D2, soya milk, chocolate, cocoa powder, ground flaxseed powder, potato and tapioca flour, E415, vanilla extract (nuts)	Nice and sticky, not sweet, very tasty, lovely fudgy texture, like a proper muffin, good texture, soft and delicious, bitter chocolate flavour, moist 8/10	£2.77 W
Trubitz blueberry	Y	N	Y	N	Y	Y	Rice, potato, tapioca, maize and buckwheat flours, sarrasin, sugar, egg, sunflower oil, E415, E450, E500, water, rice, salt, E341, E170, blueberries	Moist, mild flavour, not unpleasant, looks good, lots of cranberries banana and egg flavours are strong 7.8/10	£1.62 W
Trubitz chocolate	Y	N	Y	N	Y	Y	Rice, potato, maize and tapioca flours, sunflower oil, sarrasin, sugar, egg, E415, E450, E500, water, rice, E170, E341, salt, cocoa, vegetable oils, E471, flavourings, E330, E160a, vitamins A,D,E, vanilla	Plenty of chocolate chunks, banana-y, good chocolate taste, a jaw workout, dry, not offensive, stale and solid 6/10	£1.50 W
Waitrose chocolate	Y	N	N	N	Y	Y	Sugar, cocoa mass, soya lecithin, vanilla, rice flour, rapeseed oil, egg, water, vegetable glycerine, cocoa powder, potato and rice starch, modified	Very good, moist, excellent chocolate chunks, good balance of moisture pale chocolate colour, fine 8.5/10	74p SM,W

***CODEX ALIMENTARIUS:** The Codex standard for gluten-free foods is now a maximum of 20 parts per million of gluten. This is likely to become law across the EU by the end of 2009 after which manufacturers will have three years in which to comply with the new legislation. The old regulations allowed up to 200ppm gluten.

INGREDIENTS KEY:

Ingredients in grey in brackets are not included in the product but may be used in the factory in which the product is made; or the producers cannot guarantee allergen-free even if the allergen is not used in the product.

(nuts** – The Healthy Cake Company are aiming to produce a guaranteed nut-free product, please ask when you contact them).

Ingredients in brown in brackets are included in the baking instructions, although you can of course use allergen free alternatives.

AVAILABILITY KEY:

E – Eateries (includes B&Bs, Cafés, Hotels, Restaurants, National Trust Properties, Supermarket Cafés) GC – Garden Centres, HFS – Health Food Stores,

IR – Independent Retailers (including Delicatessens, Farm Shops, Organic Shops) MM – Most Multiples, P – Prescription, SM – Some Multiples (Multiples – Supermarkets), W – Website & Mail Order, Z – Zoos

MUFFIN MIXES AND MUFFINS

E NUMBERS

E160A = CAROTENES**; E160C = PAPRIKA EXTRACT, CAPSANTHIN, CAPSORUBIN**; E170 = CALCIUM CARBONATE**; E202 = POTASSIUM SORBATE; E281 = SODIUM PROPIONATE; E300 = ASCORBIC ACID**; E330 = CITRIC ACID; E339 = SODIUM PHOSPHATES*; E341 = CALCIUM PHOSPHATES*; E407 = CARRAGEENAN*; E412 = GUAR GUM*; E415 = XANTHAN GUM*; E420 = SORBITOL*; E440 = PECTINS*; E450 = DIPHOSPHATES*; E460 = CELLULOSE*; E464 = HYDROXYPROPYL METHYL CELLULOSE*; E466 = CARBOXYMETHYLCELLULOSE; E471 = MONO- & DI-GLYCERIDES OF FATTY ACIDS*; E472E = MONO- AND DIACETYLTARTARIC ACID ESTERS OF NON- AND DIGLYCERIDES OF FATTY ACIDS**; E475 = POLYGLYCEROL ESTERS OF FATTY ACIDS**; E481 = SODIUM STEAROYL 2- LACTYLATE**; E500 = SODIUM CARBONATES; E541 = SODIUM ALUMINIUM PHOSPHATE; E1450 = STARCH SODIUM OCTENYL SUCCINATE; (green** = safe and/or beneficial, green* = safe for most people, orange = caution advised, red* = best avoided, red** = hazardous. Ref: *What's Really in your Basket?* by Bill Statham - published by Summersdale)

MANUFACTURERS/SUPPLIERS:

American Muffin Company Ltd.
020 8965 1041 www.americanmuffin.com

Beiker
www.naturalaliment.com
01757 289200 www.gffdirect.co.uk

Crayve's
020 7228 4411 www.crayves.co.uk

Droppa & Droppa
01237 420 417 www.droppaanddroppa.com

Finax
www.finax.se
020 7431 9382 www.drossa.co.uk

Glebe Farm
01487 773 282 www.glebe-flour.co.uk

Gluten Free Kitchen
01969 666 999 www.glutenfreefood.info

The Healthy Cake Company
07947 654 757 www.healthycakecompany.co.uk

Kasey's
www.kaseys.co.uk

Kelkin
01628 488 360 www.kelkin.co.uk

00353 1 4600 400 www.kelkin.ie

Mixwell
020 7431 9382 www.drossa.co.uk

Mrs Crimble's
08451 300 869 www.mrskrimbles.com

Orgran
www.orgran.co.uk
01455 556878 www.naturallygoodfood.co.uk

Proceli
01226 713044 www.proceli.co.uk

Tesco
08457 22 55 33 www.tesco.com

Trubitz
0845 226 2714 http://trubitz.co.uk

Waitrose
0800 188 884 www.waitrose.com

CAKE MIXES

FREE OF:	WHEAT /GLUTEN	EGG	SOYA	CORN	DAIRY	NUTS	INGREDIENTS ARE LISTED SO AS TO INCLUDE EVERY INGREDIENT BUT NOT IN ORDER/QUANTITY THEY APPEAR ON PACK.	TASTE	COST PER 100G	AVAILABILITY / COST PER 100G
Dietary Specials white cake mix	Y	Y	Y	N	Y	Y	Sugar, rice flour, modified potato and maize starch, salt, E412, E481, E464, E466, E202, E500, E415, E450, E475 (nuts) (egg)	Nice and light, lacking flavour, goes clumpy while eating, unpleasant aftertaste, spongy, easy to slice, light, sticky, straight forward sponge, moist 7/10	50p P,W	
Freebake plain	Y	Y	Y	N	Y	Y	Potato and corn starch, corn and rice flour, sunflower oil, E412, E464, E575, E500, E551 (egg, sugar, margarine)	Light, airy, pleasant, dry and grainy, fine with jam and cream, spongy, good plain cake flavour, lovely vanilla taste, a little crumbly, right degree of sweetness 7.5/10	50p P,W	
Glebe Farm chocolate	Y	Y	Y	Y	Y	Y	Sugar, potato starch, brown rice flour, fat reduced cocoa powder, acid sodium pyrophosphate, gluten-free baking powder, E500, E415 (nuts, sesame seeds, gluten, wheat) (egg, milk)	Light texture, good and chewy, too sturdy and sweet, slightly grainy, open spongy texture, smooth, dry, decent chocolate taste 8/10	59p HFS,IR,GC,SM	
Glutafin plain	Y*	Y	Y	Y	N	Y	Wheat starch, sugar, skimmed milk powder, dried glucose syrup, E412, E464, E575, E500, E170, folic acid (nuts) (egg, butter)	Lovely tan colour, light caramel taste, synthetic aftertaste, tastes OK, pleasant, spongy texture, open cellular appearance, a little rubbery, good cake smell 8/10	N/A P	
Juvela plain	Y*	Y	Y	Y	N	Y	Wheat starch, dried skimmed milk, sugar, iron powder, folic acid, salt, E412, E464, E575, E500, vitamins B1, B2, B6, niacin (egg, margarine)	Excellent, good colour, reasonable vanilla flavour, light, dry, plain and harmless, a bit cotton woolly, smooth, pleasantly chewy 7/10	N/A P	
Mrs Crimble's muffin & sponge	Y	Y	Y	N	N	Y	Sugar, maize and rice flour, potato starch, salt, natural flavouring E415, E475, E471, E541, E500, (nuts) (egg, milk)	Tasty, moist, tastes better than it looks, fine soft texture, traditional Madeira cake, slightly spongy, nicely gooey texture, disappointingly bland 8/10	£1.09 HFS,IR,SM	
Orgran vanilla cake	Y	Y	Y	N	Y	Y	Sugar, rice and maize flour, potato and maize starch, vanilla flavour, salt, dextrose from maize, E500, E466, E412, E471, E407, E341 (egg)	Strong vanilla aroma, moist and pleasant, homemade texture, looks appealing, scented, light and airy, good texture, excellent sponge, holds together 8/10	70 IR,SM,W	
The Healthy Cake Co organic chocolate	Y	Y	Y	Y	Y	Y	Sugar, cocoa powder, rice, potato and tapioca flour, vanilla powder, gluten-free baking powder, spices, E415 (nuts**) (egg)	Really good, right moisture, right chocolatiness, good and dark, not too sweet, soft crumbly light texture, dark chocolate taste, sticks to mouth 8/10	£1.33 W	
READY-MADE CAKES										
Allergo (Valpiform) mini raisin cakes	Y	N	Y	N	Y	Y	Eggs, sugar, raisins, non-hydrogenated palm oil, potato and rice starch, rice and carob flour, maize dextrose, glycerol, glucose syrup, salt, rapeseed lecithin, E415, E341, E500, E339	Nice ultra-light fruitiness, not bad at all, slightly manufactured but pleasant, not much fruit, good texture to sponge, sticky mouthfeel, good flavour 7/10	£1.24 SM,W	
Asda 5 country cake slices	Y	N	Y	Y	Y	N	Sugar, egg, almonds, sultanas, brown rice flour, rapeseed and palm oil, water, apricots, glucose syrup, manioc starch, sugar nibs, mixed spice, orange oil, E341, E202, E282, E500, E471, E330, E415, E260 (nuts, seeds)	Too sweet, sickly aftertaste, moist, flowery tang and herby notes, unusual flavour, decent texture, cloying texture, synthetic aroma and taste. 6/10	£1.34 SM,W	
Battle Bakehouse fabulously fruity molly cake	N	Y	Y	Y	Y	Y	Dates, apples, raisins, apricots, prunes, sultanas, currants, figs, spices, wheat flour, E500, E220, E450	Spicy, tastes homemade, like tea bread or fruit loaf, slightly grainy texture, OK buttered, brown and worthy looking, slightly dry pudding texture 7/10	77p SM	
Droppa & Droppa chocolate	Y	N	N	Y	Y	N	Chocolate, almonds, sugar, eggs, sunflower spread, cocoa powder (nuts)	Good chewy texture, soggy, not very chocolatey, fine textured, sweet but a bit lacking personality, icing lifts it, rather soft 7.5/10	£1.09 E,HFS,IR,W	
Especialy Delicious white chocolate	Y	N	N	Y	N	Y	Butter, rice, potato, tapioca, maize and buckwheat flour, sugar, eggs, white chocolate, cream (nuts)	Looks spectacular, needs sharp fruit to enhance it, very rich, solid and sweet, uncooked mouthfeel, not bad, superb presentation but taste disappoints 8/10	£3.50 W	
GF Kitchen carrot	Y	N	Y	N	Y	N	Rice, potato, maize and buckwheat flour, sunflower oil, banana, sugar, carrots, eggs, raisins, walnuts, orange, cinnamon, salt, baking powder, E500, E415	Absolutely delicious, homemade look, strong cinnamon aroma, attractive, crumbly, light texture, nice and spicy, beautiful deep colour 9.3/10	£1.40 HFS,IR,SM,W	
The Healthy Cake Co organic carrot & raisin	Y	N	N	Y	Y	N	Brown rice flour, sugar, eggs, almonds, carrots, vanilla extract, spices, raisins, potato and tapioca flour, gluten-free baking powder, water, salt E415, sunflower and palm oil, concentrated carrot juice, soya lecithin, Vitamins A and D2	Delicious, lovely smell, looks tempting, very enjoyable, sticky, very tasty, lovely moist texture, fruity, good icing, pleasantly spicy, right sweetness 9.5/10	£1.49 E,W	
The Heavenly Cake Co mixed seed	N	Y	Y	Y	Y	Y	Spelt flour, sugar, coconut extract, hemp seed flour, pumpkin seeds, water, E500, anti-caking agent, vanilla extract (nuts)	Sweet and heavy, looks attractive, tastes healthy, moist, sticks to teeth, gluey, too much coconut, oddly spiced, cloying, synthetic aftertaste 5.5/10	£1.30 HFS,W	
It's Nut Free refrigerator cake	N	Y	N	Y	N	Y	Wheat flour, wholemeal, sugar, cultured skimmed milk, salt, partially inverted sugar syrup, cocoa butter, whole milk powder, cocoa mass, soya lecithin, natural vanilla, vegetable oils, water, whey powder, vitamins A and D, cherries, sucrose, raisins, E471, E100, E334, E296, E500, E330, E202, E160B, E220, E127	Nice crunchy texture, cloying and sweet, fudgy texture, margarine flavour, very sweet and rather milky, biscuity 6.5/10	£1.66 E,GC,IR,MM,Z	
Kelkin teacake	Y	N	N	N	N	Y	Corn and potato starch, vegetable oil, lemon juice, soya lecithin, salt, natural flavouring, sugar, dextrose, egg, inulin, glucose, egg albumin, glycerine, natural vanilla flavouring, vegetable fat, whey powder, water, cocoa powder, lecithin, E412, E575, E500, E440 (nuts)	Looks great, chocolate tastes cheap, crisper base would be good, child-friendly flavours, chemical taste, addictively sweet, gooey, artificial 6/10	£1.66 SM,W	
Lazy Day Foods brownie	Y	Y	N	N	Y	Y	Chocolate, rice, potato, tapioca, soya and corn flour, margarine, sugar, golden syrup, E415, soya lecithin, baking powder (nuts)	Good, moist, sticks to teeth, very powdery texture, not enough chocolate, soft sticky fudgy texture, too sweet, chocolatey 7.5/10	£1.85 IR,W	
Lazy Day Foods Tiffin cake	Y	Y	N	N	Y	Y	Chocolate, rice, potato, tapioca and corn flour, non-hydrogenated margarine, sugar, sultanas, golden syrup, soya lecithin (nuts, sulphites)	Delicious, chewy and sweet, crunchy authentic texture, very good of its kind, fruity, good choc flavour, not too sweet, raisins work well 9/10	£1.76 IR,W	
Livwell double chocolate loaf	Y	N	N	N	Y	Y	Sugar, cocoa mass, soya lecithin, sunflower oil, rice flour, water, salt, potato and maize starch, cocoa powder, glycerine, invert sugar syrup, dried egg, E450, E500, E415, E471, E475 (nuts)	Looks OK, sticks to mouth, slightly dry, sandy texture, good conventional sponge, strong slightly phoney chocolate taste, not moist enough 7.5/10	66p SM,W	
Lovemore lemon cake slices	Y	N	Y	N	Y	Y	Sugar, egg, rice and maize flour, margarine, glycerine, potato starch, vegetable oil, glucose syrup, salt, E471, E475, E450, E501, E341, E202, E461, E415, natural flavourings (nuts)	A bit sweet, good texture, moist, sticky, synthetic flavour, slightly cotton woolly, crunchy sugar, good citrus tang 7.5/10	£1.60 HFS,IR,SM,W	
Morrisons Free From rich fruit cake slices	Y	N	Y	Y	Y	N	Brown rice syrup, sultanas, raisins, egg, vegetable oil, apricot, almond, water, orange and lemon peel, glucose syrup, sugar, rice flour, date, mixed spices, tapioca starch, E341, E500, E220, E200, E330, (mustard, peanut)	Deep treacle flavour, lovely looking fruity cake, good coarse texture, nice juicy fruit, spicy, moist, sweet but okay, looks great, tastes delicious, bitter 8.5/10	95p SM,W	

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Mrs Crimble's bakewell slices	Y	N	Y	Y	Y	N	Sugar, palm, coconut, rapeseed oil and fats, water, rice flour, strawberries, dextrose, invert sugar syrup, citric juice, modified starch, elderberry juice, flavourings, eggs, apricots, glucose-fructose syrup, coconut, potato and rice starch, almonds, glycerine, fructose, glucose syrup, salt, E967, E509, E500, E471, E440, E420, E410, E401, E333, E332, E330, E300, E282, E263, E262, E202, E160A (nuts, milk)	Crunchy and soft at the same time, odd flavouring, chewy and granular, too sweet, like the pastry, distinctive almond flavour 7/10	84p HFS,IR,SM
OK Foods mincemeat slices	Y	N	Y	Y	Y	N	Sugar, raisins, sultanas, apples, vinegar, candied orange and lemon peel, rice flour, sunflower and vegetable oil, pregelatinised corn starch, mixed spice, egg, almonds, water, salt, glucose syrup, tapioca starch, almond essence, E260, E475, E160B, E100, E202, E282, E415 (mustard, peanut)	Sweet rich and yummy, good heavy textured base, cloying, smells of Christmas cake, good balanced flavours, oversweet aftertaste 7.5/10	£1.20 SM,WV
Proceli sponge	Y	N	Y	N	Y	Y	Egg, sugar, corn starch, E281, E415, E-472e, salt, E450, E500, E300 (nuts)	Good base, looks appetising, nice and firm, powdery texture, bitter back taste, fine texture, OK in trifle, lovely vanilla flavour; pleasant, does the job 8/10	£1.24 P,SM,WV
Pure Flavour lemon drizzle mini cakes	Y	N	Y	Y	Y	Y	Raw cane sugar, gluten-free flour, sunflower margarine, lemons, eggs gluten-free baking powder (nuts)	Delicious, moist, tangy, looks homemade, lemon scented, grainy texture, slightly wet looking, pleasant mouthfeel, fresh, zingy, crunchy, too sugary 8.5/10	N/A WV
Roleys cranberry fruit	Y	N	Y	N	N	Y	Butter, eggs, sugar, teff flour, raisins, cranberries, dates, corn & rice starch, lupin flour, salt, E500, E334 (nuts)	Good old-fashioned shop cake, solid cake, some caramel notes, too much salt and almond flavour, synthetic, short on flavour, too dry 7/10	£1.16 IR,SM,WV
Sainsbury's Free From sultana & cherry fruit	Y	N	Y	N	Y	Y	Sultanas, sugar, sunflower oil, rice flour, cherries, glucose-fructose syrup, potato and maize starch, water, vegetable glycerine, whole egg powder, salt, E415, E471, E475, E163, E450, E330, E202, E220, E500, flavouring (nuts)	A bit gritty – pity since flavours are nicely blended, very sweet, lots of fruit, grainy, saved by the fruit, all sugar and raisins 6.5/10	50p SM,WV
Tesco Free From Victoria sponge	Y	N	Y	N	Y	Y	Water, sugar, vegetable oil, rice and corn flour, raspberry purée, salt, glucose syrup, natural flavourings, tapioca and maize starch, glycerine, dried egg, glucose, E415, E471, E475, E330, E331, E150a, E163, E202, E440, E450, E500 (nuts)	Extremely good, moist, light, looks yummy, a little doughy, sticks in throat, slightly gritty texture, cream overwhelms cake, quite cloying 7/10	87p SM,WV
The Village Bakery organic apricot & almond	Y	N	Y	Y	Y	N	Apricots, sultanas, brown rice syrup, egg, sunflower oil, almonds, apple juice concentrate, manioc starch, chestnut and brown rice flour, almond flavouring, E500, E341, cinnamon, orange oil (mustard)	Complex taste but needs more sweetness, dense, open appearance, soft and crumbly, strong almond flavour, sticky, lingering aftertaste 7/10	£1.88 SM,WV
Winona's organic midnight chocolate sin	Y	N	Y	Y	N	N	Sugar, butter, egg, cocoa, almond flour, water, sunflower oil, vanilla extract	Heavy and cloying, rich and tasty, full of chocolate, more desert than cake, fudgy, not too sweet, nice coarse texture, treaclely 7.5/10	£1.62 E,HFS,IR,SM,WV

CAKE MIXES AND CAKES

Costs: please note that the cost per 100g varies widely in this tasting table due to cake density, organic and non-organic ingredients, and some companies making speciality cakes to order eg Especially Delicious.

***CODEX ALIMENTARIUS:** The Codex standard for gluten-free foods is now a maximum of 20 parts per million of gluten. This is likely to become law across the EU by the end of 2009 after which manufacturers will have three years in which to comply with the new legislation. The old regulations allowed up to 200ppm gluten.

INGREDIENTS KEY:

Ingredients in grey in brackets are not included in the product but may be used in the factory in which the product is made; or the producers cannot guarantee allergen-free even if the allergen is not used in the product.

(nuts** – The Healthy Cake Company are aiming to produce a guaranteed nut-free product, please ask when you contact them).

Ingredients in brown in brackets are included in the baking instructions, although you can of course use allergen free alternatives.

E NUMBERS:

E100 = CURCUMIN*; E127 = ERYTHROSINE**; E150A = PLAIN CARAMEL; E160A = CAROTENES**; E160B = ANNATTO*; E163 = ANTHOCYANINS**; E170 = CALCIUM CARBONATE*; E200 = SORBIC ACID; E202 = POTASSIUM SORBATE; E220 = SULPHUR DIOXIDE*;

E260 = ACETIC ACID*; E262 = SODIUM ACETATE*; E263 = CALCIUM ACETATE*; E281 = SODIUM PROPIONATE; E282 = CALCIUM PROPIONATE; E296 = MALIC ACID*; E300 = ASCORBIC ACID*; E330 = CITRIC ACID; E331 = SODIUM CITRATES*; E332 = POTASSIUM CITRATES*; E333 = CALCIUM CITRATES*; E334 = TARTARIC ACID*; E339 = SODIUM PHOSPHATES*; E341 = CALCIUM PHOSPHATES*; E401 = SODIUM ALGINATE*; E407 = CARRAGEENAN*; E410 = LOCUST BEAN GUM*; E412 = GUAR GUM*; E415 = XANTHAN GUM*; E420 = SORBITOL*; E440 = PECTINS*; E450 = DIPHOSPHATES*; E461 = METHYL CELLULOSE*; E464 = HYDROXYPROPYL METHYL CELLULOSE*; E466 = CARBOXYMETHYLCELLULOSE; E471 = MONO- & DI-GLYCERIDES OF FATTY ACIDS*; E472E = MONO- AND DI-ACETYLTARTARIC ACID ESTERS OF NON- AND DIGLYCERIDES OF FATTY ACIDS**; E475 = POLYGLYCEROL ESTERS OF FATTY ACIDS**; E481 = SODIUM STEAROYL 2- LACTYLATE**; E500 = SODIUM CARBONATES; E501 = POTASSIUM CARBONATES; E509 = CALCIUM CHLORIDE*; E541 = SODIUM ALUMINIUM PHOSPHATE; E551 = SILICON DIOXIDE**; E575 = GLUCONO DELTA-LACTONE*; E967 = XYLITOL*

(green** = safe and/or beneficial, green* = safe for most people, orange = caution advised, red* = best avoided, red** = hazardous. Ref: *What's Really in your Basket?* by Bill Statham - published by Summersdale)

AVAILABILITY KEY:

E – Eateries (includes B&Bs, Cafés, Hotels, Restaurants, National Trust Properties, Supermarket Cafés)

GC – Garden Centres, HFS – Health Food Stores,

IR – Independent Retailers (including Delicatessens, Farm Shops, Organic Shops) MM/SM – Most/some Multiples/supermarkets, P – Prescription, W – Website & Mail Order, Z – Zoos

MANUFACTURERS/SUPPLIERS:

Allergo (Valpiform)

www.valpiform.com
01491 570000 www.gfdiet.com

Asda

0845 300 1111 www.asda.com

Battle Bakehouse

01424 851 585 www.kentandfraser.com

Dietary Specials

07041 544 044 www.dietaryspecials.co.uk

Droppa & Droppa

01237 420 417 www.droppaanddroppa.com

Especially Delicious

020 8944 0373 www.especiallydelicious.co.uk

Freebake

0845 603 9230 www.freebake.co.uk

Glebe Farm

01487 773 282 www.glebe-flour.co.uk

Glutafin

0800 988 2470 www.glutafin.com

Gluten Free Kitchen

01969 666 999 www.glutenfreefood.info

The Healthy Cake Company

07947 654 757 www.healthycakecompany.co.uk

The Heavenly Cake Company

020 8291 7320
http://theheavenlycakecompany.co.uk

It's Nut Free

01609 775 660 www.itsnutfree.com

Juvela

0800 783 1992 www.juvela.co.uk

Kelkin

01628 488 360 www.kelkin.co.uk
+353 1 4600 400 www.kelkin.ie

Lazy Day Foods

01236 765300 www.lazydayfoods.com

Livwell

0845 120 0038 www.livwell.eu

Lovemore

0800 025 5678 http://lovemore-freefromfoods.com

Morrisons

0845 611 5000 www.morrisons.co.uk

Mrs Crimble's

08451 300869 www.mrscribbles.com

OK Foods

01768 898 437 www.ok-foods.co.uk

Orgran

www.orgran.co.uk
01455 556878 www.naturallygoodfood.co.uk

Proceli

01226 713044 www.proceli.co.uk

Pure Flavour

07772 462 983 www.pureflavour.co.uk

Roleys

0031 33 463 01 65 www.roleys.com
www.theglutenfreekitchen.co.uk
0800 688 8969 www.glutenfreecatering.com

Sainsbury's

0800 636 262 www.sainsburys.co.uk

Tesco

08457 22 55 33 www.tesco.com

The Village Bakery

01768 898 437 www.village-bakery.com

Winona's Organic