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Hí, I live in Bangor.

Although I'm 27 now it would have been nice to have something like this website when I was younger. I was diagnosed at 4 months so today my only problem is forgetting I have coeliac disease - forgetting to tell people then when it's too late being embarrassed and having nothing to eat.

I'd like to send you a simple easy recipe for chocolate cake. I love cake and it only takes a little while to make. I usually eat the whole cake in a couple of days. I know how important it is for young people to have cake.

150g gluten free white flour
50g cocoa
200g sugar
200g butter
2 eggs
1 heaped tsp gluten free baking powder

Preheat oven to 180 degrees C / gas mark 4
Grease 2 sandwich tins
Mix together butter and sugar
Add eggs
Fold in the dry ingredients
Put evenly into the two tins
Cook for 25 minutes.

The biggest problem with this recipe that I've had in the past is getting it to rise. The best way to overcome this is do it lots of times until you get it right and don't be afraid to vary the number of eggs / add milk / put more of less baking powder / make half or double.

Bon appetite.

Clare