

Cupcakes



2.5:1 ratio

- **Preparation time:** 20 minutes
- **Cooking time:** 15 minutes
- **Recipe makes** 2 portions

Recipe provides **approximately:**

Nutritional content	Quantity				Your recipe
	Per 1 portion		Per 2 portions		
Fat	22.0g	13.8g LCT	43.9g	27.6g LCT	
		8.2g MCT		16.3g MCT	
Protein	5.0g		10.0g		
Carbohydrate	3.7g		7.3g		
Energy (calories)	232kcal		464kcal		



Enhancing Lives Together



Cupcakes

Ingredients	Quantity	Your recipe
Butter, room temperature	15g	
Sweetener e.g. Sukrin® gold	8g	
Egg, beaten	12g	
Vanilla essence	2 drops	
Water	20g	
MCTprocal®	26g	
Carbohydrate-free baking powder e.g. Barkat	1g	
Ground almonds	25g	

Method:

1. Pre heat oven to 200°C/180°C fan/gas mark 6.
2. Add butter and sweetener to a mixing bowl, beat for 2 mins until fluffy.
3. Add egg, vanilla essence and water, beat to combine.
4. Gently fold in **MCTprocal®**, baking powder and ground almonds, mix till a smooth batter is formed.
5. Divide the cupcake mixture between two 7cm diameter cupcake cases.
6. Bake for 10 to 15 mins or until a metal skewer inserted into the middle comes out clean.
7. Transfer the cakes to a wire rack and leave to cool completely before serving.



Always check with your dietitian what is suitable for you

- Use a carbohydrate-free icing sugar e.g. Sukrin Melis to make a topping for the cupcakes

MCTprocal® is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.