

Festive Cupcakes



3:1 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	27.4g	19.2g LCT	54.7g	38.4g LCT	
		8.2g MCT		16.3g MCT	
Protein	5.2g		10.4g		
Carbohydrate	3.9g		7.7g		
Energy (calories)	282kcal		564kcal		





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Ingredients	Quantity	Your recipe
Cupcakes		
Butter, room temperature	15g	
Sweetener e.g. Sukrin® gold	8g	
Vanilla essence	2 drops	
Egg, beaten	12g	
Lemon, zest	3g	
Mixed spice	2g	
Carbohydrate free baking powder e.g. Barkat	1g	
Ground almonds	25g	
MCTprocal®	26g	
Water	20g	
Butter cream icing		
Butter, room temperature	12g	
Double cream e.g. Morrison's or Tesco	2g	
Sugar-free icing sugar e.g. Sukrin®Melis icing sugar	30g	
Raspberries, freeze-dried	1g	
Gold or silver spray on edible glitter		

Method:

Cupcakes

1. Pre heat oven to 200°C/180°C fan/gas mark 6.
2. Add butter and sweetener to a mixing bowl, beat with a spoon for 2 mins until fluffy.
3. Add eggs, vanilla essence and water, beat briefly to combine.
4. Gently fold in **MCTprocal®**, baking powder, ground almonds, mixed spice and 2g of lemon zest, mix till a smooth batter is formed.
5. Divide the cupcake mixture between two 7cm cup 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.

Butter cream icing

1. Add sugar-free icing sugar and butter to a bowl, beat together using a spoon.
2. Add the double cream, continue to beat until smooth.
3. Divide the butter cream between the two cupcakes.
4. Spread the butter cream over the top of cake using a palette knife.
5. Sprinkle freeze-dried raspberries and lemon zest on top and spray with edible glitter spray.

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.